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Cops capture loose moose

MONTREAL Quebec authorities safely captured and sedated a moose seen running through Montreal's east end yesterday morning.

Wildlife agents captured and tranquilized the moose, which was about two years old and weighed between 600 and 700 pounds. Authorities then took the moose north of the city to be set free in the Laurentian mountains.

Police spokesman Olivier Lapointe said the moose probably swam onto the island of Montreal.

The handling of the incident contrasts with how Ottawa police handled two separate moose incidents in the city earlier this month.

Both incidents ended with police shooting a moose dead.

THE CANADIAN PRESS

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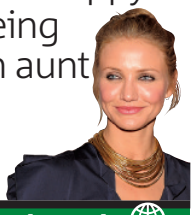
Celebrity Buzz pg 37

Diaz happy being an aunt



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School's out **Balloon fight!**

TIM WIECLAWSKI/METRO OTTAWA

Khalid Hamadeh, a Grade 12 student at Lisgar Collegiate Institute, gets soaked during a noon-hour water balloon fight near the Human Rights Monument on Elgin Street. Dozens of students took advantage of the sunny weather in Ottawa to celebrate the final day of classes yesterday.

'BP will pay': Obama

U.S. president says it's time to embrace clean energy

U.S. President Barack Obama addressed the nation yesterday in the throes of an ever-worsening, seemingly endless ecological catastrophe, describing the oil spill in the Gulf of Mexico as an epidemic "we will be fighting for months and even years."

Obama, criticized for his sluggish response to the worst environmental disaster in American history, talked tough during the first Oval Office address of his presidency, accusing oil giant BP of "recklessness" and saying it would be held to account for the full cost of the devastation.

"BP will pay for the impact this spill has had on the region," Obama said.

In an address aimed at proving to skeptical Americans that he's on top of the calamity that's befallen the Gulf, the president also said he would establish a national commission to determine what went wrong, to put better off-shore drilling regulations in place and to implement a Gulf Coast restoration plan.

"I make that commitment tonight," he said.

He also sounded an optimistic note, saying BP would be capturing 90 per cent of the gushing oil by mid-July.

And he urged Americans to get on board with his vision for a clean energy agenda, saying the U.S. has known for decades that the days of cheap and easily accessible oil were unsustainable and yet Congress has blocked progressive energy policy time and again.

"We cannot consign our children to this future," he said. "The time to embrace a clean energy future is now."

THE ASSOCIATED PRESS

Response disappointing: Poll

- Obama's address took place as a new poll conducted by The Associated Press suggested the majority of Americans disapproved of his handling of the disaster, though many more pointed the finger at oil giant BP for its lacklustre response in the two months since an oil-rig disaster gave rise to the underwater blowout.

Pay & display tickets: There's an app for that

CARLETON A revolutionary technology — the first of its kind in Canada — unveiled at Carleton University yesterday will put an end to shivering in front of pay and display ticket machines in the winter and sprinting across campus to feed the meters before the time runs out.

Parking tickets are going the way of the dinosaur at Carleton, where a technology that uses SMS text messaging to pay for parking made its Canadian debut yesterday.

Dwight Deugo

The technology, which will be piloted in parking lot 2 starting July 5, will be evaluated at the end of August and may be extended to other parking lots on campus.

Carleton computer science professor Dwight Deugo, who developed this alternative to pay and display parking over the last year, said users first register at iParked.ca, where they will submit their cellphone numbers and payment and vehicle information. A text message sent to PARKED (727355) will buy time for the registered vehicle.

The user will get a reminder 10 minutes before the parking expires so that they can extend their time if necessary.

"Imagine never getting a parking ticket again," said Deugo. "There are practical examples of this over in Europe. It's just so convenient."

TRACEY TONG/METRO OTTAWA

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Local

Construction kicks off at OC Transpo stations

Work begins this week to improve five downtown OC Transpo stops along the Transitway. Construction is planned at Albert Street at Bank and Kent streets and Slater Street at Bay, Kent and Bank streets. Temporary bus stop platforms will be relocated nearby for the duration of the construction, which will continue until mid-September. The work marks the first of a two-stage project to upgrade the five stations. Each of the stations will eventually feature new platform waiting areas, more spacious shelters, better grading and drainage, and wiring for future telecommunications needs. METRO OTTAWA

News in brief

SEX ASSAULT A 31-year-old Ottawa man appeared in court yesterday to answer to charges after a 15-year-old girl was sexually assaulted in a high school washroom March 31. According to police, the girl was in a washroom at Nepean High School when she was grabbed from behind and knocked to the ground. Daniel Phillip Rief faces charges of assault, forcible confinement and escaping lawful custody.

CANADA DAY Revellers during Ottawa's Canada Day celebrations will get a taste of culture from across Canada when artists from Manitoba, Quebec and New Brunswick take the stage July 1. Performers at Major's Hill Park include Saint John's Jessica Rhaye, Winnipeg's Imaginary Cities and Saguenay's Clément Jacques, while visual artists include Paul Butler, Melanie Rocan, Shaun Morin, glass blower Caroline Thériault, paper sculptor Ann Jones and wood sculptor Victor Dallaire.

METRO OTTAWA

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TRACEY TONG/METRO OTTAWA

Prison farm supporters canoed from Victoria Island and portaged from the foot of the Rideau Canal to Parliament Hill yesterday to advocate for saving Canada's six prison farms.

Advocates take to Hill

Campaign trying to save Canada's prison farms

More than 100 people, including First Nations elders, MPs and farmers, canoed from Victoria Island and portaged from the foot of the Rideau Canal to Parliament Hill to advocate for saving Canada's six prison farms yesterday.

The campaign, which has been going on for about 17 months, points out prison farms' abilities to rehabilitate inmates and to provide a sustainable, local source of food.

During the last year and a half, the campaign hasn't had any significant response from the government, which is looking at closing prison farms, said Urban Agriculture Kingston's Andrew McCann, one of the event's organizers.

A poll stated that 90 per cent of Canadians thought prison farms — diversified farms located on all six minimum-security federal institutions — were a good idea "for prisoners to grow food for themselves, for our communities to have a little more food security because of those farms, and because it's a good rehabilitative program," McCann said.

"Those people are going to be better off when they come out and therefore it's going to make our communities safer," he said.

Police officer Bryan Bowers has seen the benefits first-hand.

Bowers said former inmates "went through life sentences and because of the farms, became ordained ministers and become real resources in our community."

"It's a program that actually works for inmates," agreed Welland MP Malcolm Allen. "We've talked to inmates ... It's allowed them to transfer back into the general population and get meaningful work.

"The cost of re-incarceration is much higher than rehabilitation," he added, "so it's cost-effective, makes sense for the community and makes sense for the inmates."

In addition to growing food that feeds a lot of the inmates across the country, prison farms also grow food for food banks, said McCann.

The program pretty much pays for itself because it supplies food for the institutions, he said.

"The whole trend towards local food supply is extremely important," said B.C. MP and NDP agricultural critic Alex Atamanenko.

TRACEY TONG/ METRO OTTAWA

ACORN promotes poverty reduction as election issue

ADVOCACY Poor people don't vote. So why should politicians care about their issues?

That's an attitude Michelle Walrond, a member of the ACORN's tenants' advocacy group, has run into in the past, but times have changed.

"When we got poor people to vote, and it was noticeable, they started paying a little attention," she said yesterday at a rally at city hall, where ACORN released its platform for the upcoming municipal election.

ACORN is hoping to push poverty reduction to the forefront in the buildup to election day on Oct. 25.

The platform consists of a number of points aimed at making Ottawa a more affordable city for low-income earners. Candidates who support things like the living wage policy for municipal employees and holding transit fare increases to the cost of inflation, will get an endorsement from ACORN and its 5,000 members in Ottawa.

"It's absurd that people work for the government of a city that doesn't pay you enough to live in that city," said Walrond. "If a candidate wants our vote, then they need to support the issues and policies that we believe are important."

After seeing bus fares rise seven per cent per year for the previous three years, Jean-Dieu Muhamzi said it's time they keep to the rate of inflation.

"It needs to be affordable to low-income families," he said.

TIM WIECLAWSKI/ METRO OTTAWA

Councillor won't review policy phasing out bus bays

TRANSIT The chair of the city's transit committee is dismissing calls for a review of a policy of phasing bus bays from arterial roads, saying the system works better without them.

The policy to eliminate the short lanes for buses to load and unload passengers has been around for 15 years, said Bay Ward Coun. Alex Cullen. As roads are rebuilt, the lanes are being taken out of service.

Cullen said the decision was made because buses pulling into the bays would get trapped there in heavy traffic, causing them to fall off their schedule.

David Jeanes, the president of Transport Action Canada, said that bus bays could work. It's just a matter of enforcing the rules of the road.

However, Cullen said police have better things to do than follow buses to ensure drivers let them out of the bays.

TIM WIECLAWSKI/ METRO OTTAWA

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Students raise big cash for hospital
Local students from 15 schools raised $425,977 from May's Bear Hug III event for the CHEO Foundation, the Ottawa Hospital Foundation, the Ottawa Regional Cancer Foundation and Roger's House through the Sens Foundation. METRO OTTAWA

Francophone group gets $20K from feds for outreach plan

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

"Our province is very large. To get in touch with all the francophones is not an easy task."
Mariette Carrier-Fraser, president, Assemblée Francophonie de l'Ontario

LANGUAGE Ontario is so big, it's impossible to develop a strategic plan for francophone communities from an office in Ottawa.

"Our province is very large. To get in touch with all the francophones is not an easy task," said Mariette Carrier-Fraser, the president of the Assemblée Francophonie de l'Ontario, the umbrella group that oversees all francophone organizations in the province.

Yesterday, AFO received $20,000 from the federal government to help meet communities from around the province to help draft the strategic plan for francophone groups in the province.

AFO's funding was one of eight Ottawa-based francophone groups that received a total of $189,000 from the Federal Economic Development Agency for Southern Ontario.

Recipients include the Ontario Association of French Authors ($30,000) to help identify market opportunities; the Ontario Association of French Municipalities ($33,000) to create a strategic plan to support the development of French municipalities; and Co-operation Integration Canada ($23,264) to hire an intern to develop an employment research model for immigrants.

Naked gets raw on veggies

TRACEY TONG
tracey.tong@metronews.ca

Even as a child, nobody had to tell Beth Torbert to eat her fruits and vegetables.

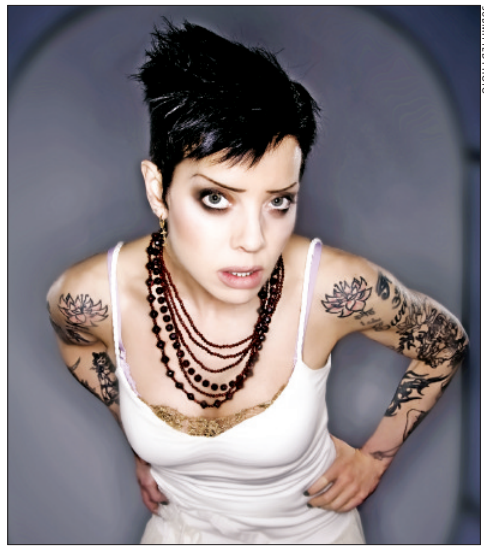
When she was 18, she left home to follow her dream of becoming a musician.

"We were poor punk rock kids in a van touring around," said the Vancouver-based singer known as Bif Naked. "We didn't have anything to cook with, so I ate apples and peaches and bananas and cucumbers. I had a very bad stomach, and those foods were better for it.

"I didn't know it was called the raw lifestyle. It was just the way I'd always been eating," said Torbert.

Now 39, the Juno Award-winning, multi-platinum record-selling singer, writer, actress, poet and motivational speaker hasn't eaten meat, wheat or dairy for 20 years.

This Saturday, Torbert will be speaking at the Simply Raw Healthy Lifestyles Festival, held in the Glebe's Central Park from 10 a.m. to 9 p.m.


SUBMITTED PHOTO

Singer Bif Naked, who subscribes to the raw lifestyle, is speaking at the Simply Raw Healthy Lifestyles Festival at Central Park in the Glebe this Saturday.

"I'll be telling people how I eat and how it's made my life beautiful," said Torbert. "What a lucky society we are that we have so many food choices. Probably a lot of people who will come to the festival aren't raw foodists, but want to learn more. The festival will have a lot of great information and lots of foods to sample and explore. This is a real blissful project they've got here, a gift to the city. I hope everyone will come check it out."

Torbert, who has performed in the capital many times, said she loves Ottawa.

"We've played so many times at Barrymore's and Zaphod's," she said. "When we come here, we like to spend time in the ByWard Market. I like all the kitschy stuff and walking down Rideau Street."

These days, Torbert, who released her eighth album, The Promise, last year, spends a lot of time in studios and working on a photo project. She's about to add author to her list of accomplishments.

"My manager and agent are encouraging me to write a book," she said, "about touring and cancer (she battled breast cancer years ago) and finding my biological mother. It's a long process."

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Canada

Dad, brother admit to murder

The father and brother of a 16-year-old Mississauga, Ont., girl who was strangled in December 2007 have surprisingly pleaded guilty to second-degree murder. Aqsa Parvez's friends said she had feared for her safety in the days leading up to her death because she had clashed with her family over her reluctance to wear a hijab, and her preference for slim-fitting "Western-style" clothing.

THE CANADIAN PRESS

Girls summit eyes poverty

G20 Summit

POLITICS What if girls ruled the G20?

They'd still talk about financial regulations and economic growth.

They'd still talk about ways to encourage foreign investment. They'd look at controlling climate change in a business-friendly way.

But in a series of email interviews with young women meeting in Toronto this week for a G(irls) 20 summit, they'd have an overriding pre-occupation that would guide every single negotiation and debate: eliminating poverty.

The Girls Summit is the brainchild of Belinda Stronach, a former MP and now executive vice-president of Magna International Inc. THE CANADIAN PRESS

Member profile

- Name: Leah Stuart-Sheppard
- Age: 19
- Country: Canada

Q What do you believe are the biggest challenges for women and girls in your country?

A A lack of political and social representation. Women do not have an adequate voice in Parliament, affecting their relevance and presence in the social spectrum as well. Leaders need to place an emphasis on facilitating the participation of women in politics. As well, the outside community needs to present analyses of current policies.

METRO NEWS SERVICES

Parliament **Pigs on pensions**

SEAN KILPATRICK/THE CANADIAN PRESS

A man dressed up as a pig stands amongst 75 plastic pigs on Parliament Hill as the Canadian Taxpayers Federation holds a press conference in regards to MP pensions in Ottawa.

Tough summer, says soldier

Struggling to make major progress before pulling out in a year, Canadian troops are coming under increasing attack from insurgents bolstered by fresh fighters.

"It's going to be a tough summer," Lt.-Gen. Marc Lessard, commander of Canadian forces abroad, told reporters.

"Insurgent activity is high. What will it be a month or two from now? I don't know.

"But we're maintaining our presence, not only to counter the insurgents, but to keep the link with the population.

"We have to be seen."

Hours after the general spoke, the insurgents struck again, killing the chief of a district where Canadian commanders have recently seen glimmers of hope that elders are starting to stand up and make decisions.

TORSTAR NEWS SERVICE

Semrau's court martial to be held near scene of alleged crime.

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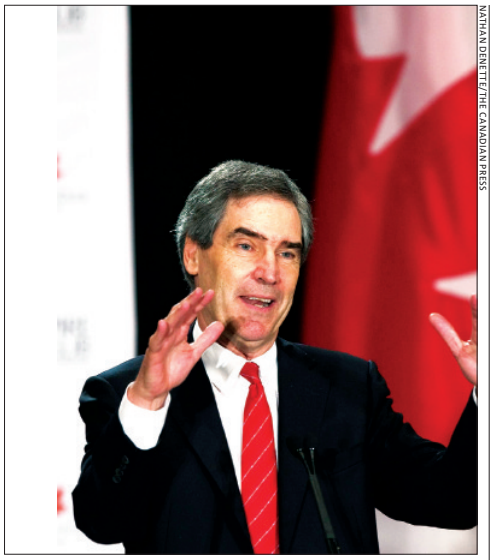
Consultant charged over fake marriages
The Mounties say an immigration consultant concocted a fake marriage scheme that helped newcomers bend the rules to get into Canada. Richard Yalaoui, a 46-year-old Montreal-based consultant, was charged yesterday with helping an unknown number of newcomers circumvent immigration rules. THE CANADIAN PRESS


NATHAN DENETTE/THE CANADIAN PRESS

Liberal Leader Michael Ignatieff says Canadian soldiers should stay in Afghanistan as military and police trainers after their combat mission ends next summer.

Let's bring POGG to the world: Iggy

GEOPOLITICS Michael Ignatieff says Canadian soldiers should stay in Afghanistan as military and police trainers after their combat mission ends next summer.

The call for a post-combat role was part of a sweeping new foreign policy agenda unveiled yesterday by the Liberal leader.

The agenda would make "peace, order and good government" — the doctrine that underpins Canada's Constitution — the central theme of Canada's engagement with the rest of the world.

In keeping with that theme, Ignatieff argues that the task of helping Afghans govern themselves and provide for their own security won't be completed by the time Canadian soldiers are slated to withdraw next summer.

Thus, he wants some troops to stay for an undefined "fixed period" to provide training at a military and police staff college in Kabul. He also wants an ongoing civilian presence to help build a stable government.

Ignatieff was outlining his foreign policy goals in a speech, backed up by a detailed policy document.

"Contributing to the capacity of the Afghan people to govern themselves effectively continues to be in Canada's interests," the policy document says. "If they do not achieve that goal, the country risks becoming again the safe haven from which al-Qaida could resume its previous threats and planning against western democracies."

Ignatieff is also promising to promote the "right to protect" doctrine, which he, as an academic, helped the UN develop.

To pay for it all, a Liberal government would reallocate the $1.7 billion currently being spent each year on the Afghan combat mission.

THE CANADIAN PRESS

News in brief

MILITARY Richard Colvin's lawyer says there was a "shoot the messenger" mentality at Canada's overseas command when it came to the diplomat's persistent warnings of possible torture in Afghan jails. Owen Rees says military officers and civilian defence staff just didn't want to hear it and pointed to a toughly worded memo which recommended the whistleblower be removed from his post as No. 2 at the embassy in Kabul. A military memo painted Colvin as troublesome because of his routine challenges of the prisoner policy and his criticism of military tactics. It warned that the diplomat could become a "liability" to the federal government if he persisted.

NUNAVUT The federal government has quietly pulled the plug on controversial oilspill cleanup tests in the Arctic that would have dumped as much as 1,200 litres of crude into Lancaster Sound. The Department of Fisheries and Oceans has withdrawn its application for the tests in a letter to Nunavut's environmental regulator. THE CANADIAN PRESS

BP sets sights on the Rockies

As oil continues to gush from a BP wellhead in the Gulf of Mexico, critics say the company has quietly broken ground on a controversial project in B.C.'s Rocky Mountains.

Opponents of the Mist Mountain project say they were surprised to find that BP Canada, an arm of the BP group of companies, began construction earlier this month on an exploratory well for its coalbed methane project near Fernie, B.C.

The company was granted permission to conduct the experimental drilling in the pristine area in southeast B.C. just a few days after the Deepwater Horizon explosion and oil spill.

And the disaster unfolding in the gulf since then has renewed concerns about the BP subsidiary's plans in the Rockies.

"This is just a reaffirmation of what we've always known ... (BP has) had the worst environmental record of all oil companies in the world, even before the Gulf disaster," said Ryland Nelson, of the group Wildsight, which opposes the project.

But Hejdi Feick, the director of communications for BP Canada, said British Columbians can be reassured that the company is a good corporate citizen.

"We are absolutely committed to doing this right," she said. THE CANADIAN PRESS

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Quebec teen charged over Facebook postings

A Quebec teen, 17, is facing two charges for allegedly inciting hatred through the social networking site Facebook. Police say the teen was arrested yesterday and is charged with using his profile page to spread hatred against different minority ethnic groups. THE CANADIAN PRESS

MPs finally ready to open up their books

AG will get chance to check expenses

Members of Parliament have caved to public pressure and will permit the auditor general to look at their expenses in an effort to combat what a senior Conservative calls "an increased campaign of misinformation."

Tory House leader Jay Hill made the somewhat grudging announcement yesterday, flanked by Liberal Marcel Proulx and auditor general Sheila Fraser.

"It has always been our position ... that the checks and balances and reporting mechanism — the audit that already takes place, the ongoing efforts of our public servants in financial services — perform the necessary tasks of ensuring the protection of Canadian tax dollars," he said. "Our position has not changed."

Hill also reiterated a legal opinion that Fraser has no mandate to audit the House of Commons, a position Fraser has publicly disputed.

"We still believe that," said Hill. "(But) in the interest of public interest, we're going to take this extra step."

Hill said the Board of Internal Economy met Monday and agreed unanimously that "it was in the public interest to clarify that the protection of Canadian tax dollars is paramount in the thinking of the board."

While Proulx alluded to the many emails and direct complaints MPs have been getting from constituents, Hill hinted at darker forces at work.

"What we saw was an increased campaign of misinformation that we've all referred to at different times," he said.

"We felt it important to clear up that misinformation and get the facts before Canadians."

One recent Canadian Press Harris-Decima poll suggested four out of five respondents believe some MPs are breaking the rules on expenses.

THE CANADIAN PRESS

What's all the fuss about?

- MPs of all parties have been getting hammered in public opinion polls, call-in shows and newspaper editorials over their reluctance to permit the auditor general's office to examine $500 million in annual parliamentary spending.
- The powerful and secretive Board of Internal Economy — an all-party committee of MPs — recently rejected auditor general Sheila Fraser's year-old request to audit its budget on the grounds that it went beyond her mandate.

TONY BOCK/TORSTAR NEWS SERVICE

Ontario ombudsman Andre Marin delivered his annual report yesterday.

Disabled kids' families need help: Ombudsman

REPORT A growing number of Ontario families say they are being forced to consider giving up custody of their severely disabled children in order to get them the care they need, ombudsman Andre Marin said yesterday during the release of his annual report.

He said 39 Ontario families this year considered giving their children up to the state because they can't afford their medical bills. Last year it was 24 families.

"This is an area that causes me an enormous amount of distress," Marin said yesterday. "That is bureaucratic dysfunction at its worst."

The ombudsman's office worked with each of the 39 families to get them the care they needed. But if the government becomes entrenched and they are not able to resolve things amicably, Marin's office will take a harder look at the problem it first raised five years ago.

TORSTAR NEWS SERVICE

Legislation targets risks in workplace

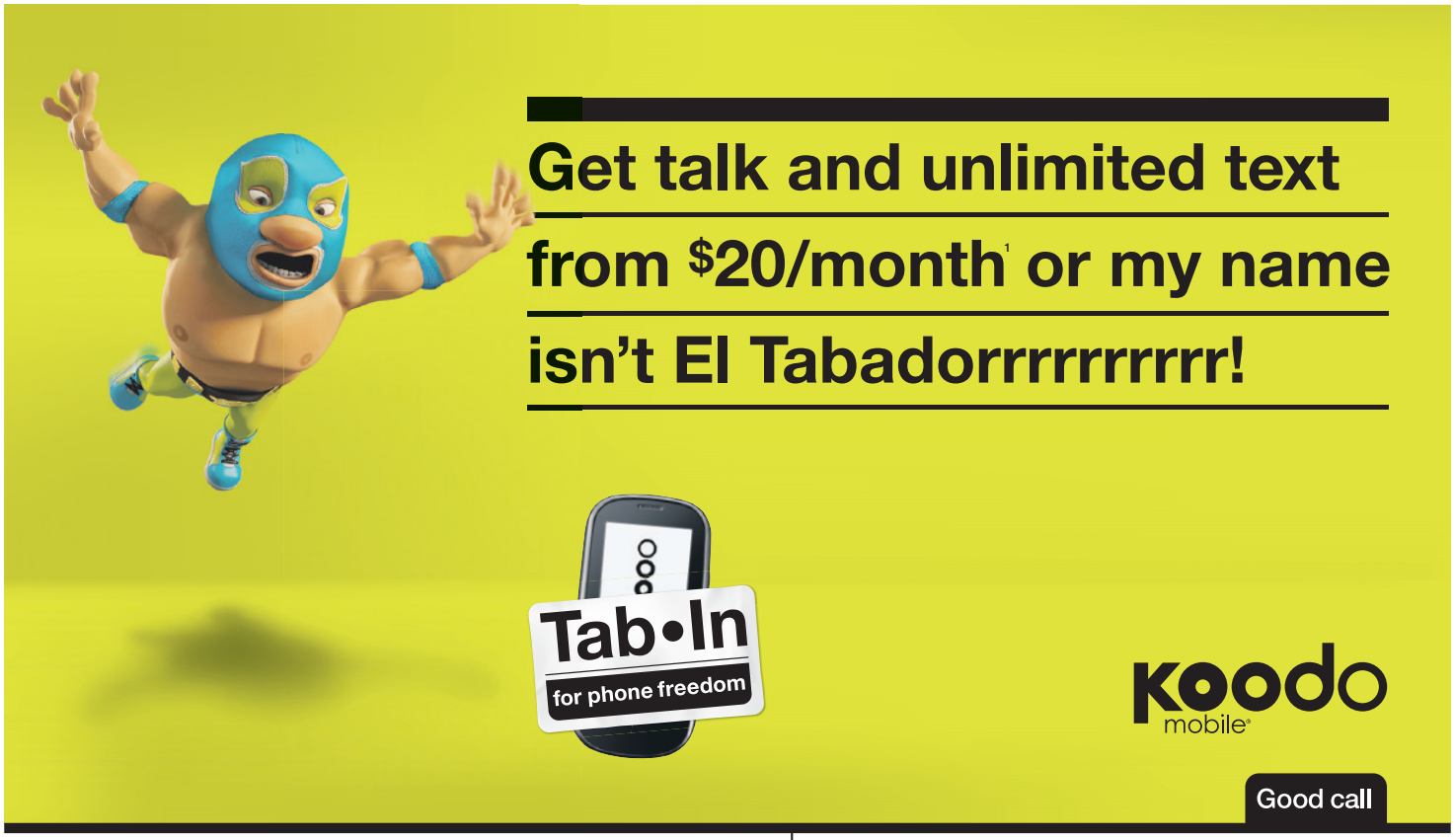
WORKERS Millions of employees in Ontario began receiving more protection in workplaces yesterday under new legislation to stamp out violence and sexual harassment.

Amendments to the province's Occupational Health and Safety Act require companies to develop and implement written policies to deal with incidents that could cause injury to a worker by someone engaging in harmful comment or conduct against an employee.

The policies must also include measures by employers for immediate help in an incident of violence, or probable violence, and by workers who are obliged to report incidents.

Among other provisions, a company must take action to protect an employee if it becomes aware of a threat of domestic violence that could expose a worker to injury.

TORSTAR NEWS SERVICE



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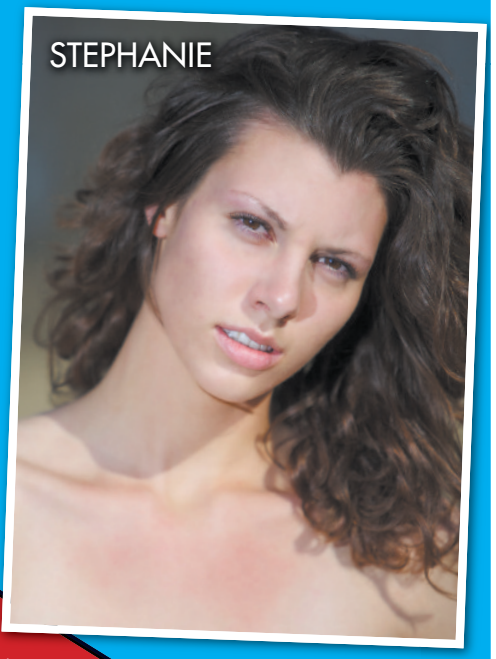

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German court rules gay couple married in Canada only civil partnership
A Berlin court declined to set a precedent by recognizing a gay marriage performed in Canada, ruling yesterday that the union would only be considered a civil partnership in Germany. THE ASSOCIATED PRESS

World

Jesus statue hit by lightning, burns down

A 19-metre high statue of Jesus Christ with his arms raised was struck by lightning in a thunderstorm Monday night and burned to the ground, police said. The King of Kings statue, left, a familiar Ohio landmark, had stood since 2004 at the evangelical Solid Rock Church along Interstate 75, just north of Cincinnati. THE ASSOCIATED PRESS

Report blames British troops, 38 years later

12-year, $290M report on Bloody Sunday massacre

Relatives of 13 Irish demonstrators shot to death by British troops on Northern Ireland's Bloody Sunday cried tears of joy yesterday as an epic fact-finding probe ruled that their loved ones were innocent and the soldiers entirely to blame for the 1972 slaughter.

Thousands of residents of Londonderry — a predominantly Catholic city long synonymous with Britain's major mass killing from the Northern Ireland conflict — gathered outside the city hall to watch the verdict come in, followed by a lengthy apology from Prime Minister David Cameron in London that moved many locals long distrustful of British leaders.

The probe found that soldiers opened fire without justification at unarmed, fleeing civilians and lied about it for decades, refuting an initial British investigation that branded the demonstrators as Irish Republican Army bombers and gunmen. Cameron, who was just five years old when the attack occurred, said it was "both unjustified and unjustifiable."

"I couldn't believe it, I was so overjoyed," said Kay Duddy, clutching the handkerchief used to swab blood from her 17-year-old brother's body that day. Jackie Duddy, the first of the 13 killed, was shot in the back.

"Never in my wildest dreams would I ever envisage a British prime minister would stand up in Parliament and tell the truth of what happened on Bloody Sunday," Duddy said.

The Bloody Sunday Inquiry, authorized by then-British prime minister Tony Blair in 1998 in the run-up to the negotiation of the Good Friday peace accord that year, was led by English judge Lord Saville. He gave the ex-paratroopers, now in their 60s and 70s, broad protections from criminal charges as well as anonymity in the witness box, citing the risk that IRA dissidents might target them in retaliation.

Some legal experts, however, said wiggle room remains for prosecutions and, more likely, civil lawsuits against retired soldiers, particularly because some of them were found to have lied to Saville. THE ASSOCIATED PRESS

Welcomed

- The investigation took 12 years and nearly $290 million US, but the victims' families and the British, Irish and American governments welcomed the findings as priceless to heal one of the gaping wounds left from Northern Ireland's four-decade conflict that left 3,700 dead.

The U.S. government eyes greater presidential power in case of cyber attacks.
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Romania **Serious comparison**

VADIM GHIRDA/THE ASSOCIATED PRESS

An elderly man watches as protesters holding a picture that depicts Romania's President Traian Basescu as Adolf Hitler during an anti-government demonstration in Bucharest yesterday.

Troops, cartel in gun battle

MEXICO Soldiers battled gunmen for nearly an hour yesterday on the outskirts of the popular tourist town of Taxco, killing 15 suspects as escalating bloodshed puts June in line to become the deadliest month yet in Mexico's drug war.

Troops investigating suspicious activity came under fire from gunmen holed up in a house, the Defence Department said. It said no soldiers were hurt in the 40-minute shootout.

Twenty guns and two homemade explosives were recovered, it added.

The battle in Guerrero state came one day after 12 federal police officers were killed in an ambush in neighbouring Michoacan state. THE ASSOCIATED PRESS

News in brief

BANGLADESH Powerful landslides triggered by heavy rains killed at least 49 people in southeastern Bangladesh yesterday, striking a coastal area as people slept and burying many alive inside their homes. Rescuers pulled bodies from under chunks of mud covering mostly thatched huts before rescue work was suspended because of darkness, officials said. THE ASSOCIATED PRESS

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Americans 50 and over treated more for drug abuse: Study

America's drug abusers are going grey. The proportion of people admitted to treatment for drug abuse who are aged 50 or over nearly doubled between 1992 and 2008, a new government study says. THE ASSOCIATED PRESS

Vigilante hunting for bin Laden in Pakistan?

An American man has been detained in the mountains of Pakistan after Pakistani authorities found him carrying a sword, pistol and night-vision goggles on a Rambo-style solo mission to hunt down and kill Osama bin Laden.

Friends and family say construction worker Gary Brooks Faulkner is a devout, good-humoured Christian who has travelled widely in that part of the world.

The 51-year-old Faulkner, who has a lengthy arrest record and served time in a Colorado prison, arrived June 3 in the town of Bumburate and stayed in a hotel there. He was assigned a police guard, as is common for foreigners visiting remote parts of Pakistan.

When he checked out without informing police, officers began looking for him, according to the top police officer in the Chitral region, Mumtaz Ahmad Khan. Faulkner was found late Sunday in a forest.

"We initially laughed when he told us that he wanted to kill Osama bin Laden," Khan said. But when officers seized the weapons and night-vision equipment, "our suspicion grew."

Chitral and Nuristan are among several rumoured hiding places for bin Laden along the mountainous border between Afghanistan and Pakistan.

Khan said Faulkner told investigators he was angry after the Sept. 11, 2001 terror attacks in the United States.

"I think Osama is responsible for bloodshed in the world, and I want to kill him," Khan quoted him as saying.

When asked why he thought he had a chance of tracing bin Laden, Faulkner replied, "God is with me, and I am confident I will be successful in killing him," Khan said. THE ASSOCIATED PRESS

"God is with me, and I am confident I will be successful in killing him."
Pakistani police official Mumtaz Ahmad Khan, quoting Gary Brooks Faulkner on Osama bin Laden

Botswana **Princely python**

ANTHONY DEVLIN/THE ASSOCIATED PRESS

Britain's Prince Harry, left, and Prince William pose with a rock python during a visit to the Mokolodi Nature Reserve in Gabarone, Botswana, yesterday. The princes are visiting charity projects they oversee in Botswana, Lesotho and neighbouring South Africa, host of the FIFA World Cup. William is president of England's Football Association, which is bidding for the 2018 World Cup.

Toronto Blue Jays among those all shook up

SOUTHERN CALIFORNIA To the crowd of baseball fans cheering at San Diego's Petco Park, the jolt in the eighth inning came as a surprise.

But for scientists, Monday night's magnitude-5.7 earthquake was the kind of aftershock they expected from the deadly magnitude-7.2 Easter Sunday quake centred in Baja California two months earlier.

Major shakers tend to produce aftershocks for months and sometimes years.

Monday's quake was the largest aftershock yet from the Easter shaker.

There were no serious injuries or damage, but the game between the Blue Jays and San Diego Padres was briefly interrupted until the shaking stopped. South of the border in Mexicali, 17 hospitals were evacuated. THE ASSOCIATED PRESS

News in brief

KOREAS North Korea is warning that its military forces will respond if the UN Security Council questions or condemns the country over the sinking of a South Korean navy ship — an act it vehemently denies. THE ASSOCIATED PRESS

The Future of Lansdowne Park?

PUBLIC MEETING
Thursday, June 17
Civic Centre, Salon A, Lansdowne Park
7:30PM (DOORS OPEN AT 7PM)

The city isn't holding any public meetings before Council's June 28th vote on the Lansdowne Partnership Plan, but we are.

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- spending $130 million of taxpayers money to renovate Frank Clair stadium
- causing even more congestion on Bank Street
- providing only 1/10th of the parking required
- moving the heritage designated Horticulture building
- putting the Ottawa Farmers Market at risk
- signing a deal with developers, without an open, competitive process

Come hear a panel speak about the plans and issues, then voice your opinion.

Can't come? Visit our web site

www.LetsGetItRight.ca

or ask your councilor what is going on.

The meeting is organized by the Friends of Lansdowne Park with the support of the Federation of Citizens Association of Ottawa–Carleton, The Rural Council of Ottawa–Carleton and the following community associations: Centretown Citizens, Glebe, Kanata-Beaverbrook, Old Ottawa East, Old Ottawa South, New Edinburgh and Riverview Park.

Husband-wife authors start project to ease money problems of Filipino newcomers

"Join a community support group that shares your concerns, get involved, and learn to manage your finances well." This is the advice of Dr. Aprodicio Laquian and his wife Eleanor to all new immigrants in Canada.

Their advice is rooted in the couple's extensive academic research from writing 20 books between them including: *Seeking a Better Life Abroad: A Study of Filipinos in Canada,1957-2007 (2008)* and *An Immigrant's Journey (2010)*.

Now retired from the University of British Columbia and the United Nations, the couple feels blessed that their own migration to Canada in 1969 had been smooth. However, while writing about Filipinos in Canada, they saw that the experience of recent waves of newcomers – including thousands of domestic workers and caregivers – had not been as trouble-free.

"These newcomers needed assistance in both settling down and in managing their personal finances," observes the couple. "Among their financial issues were low wages, lack of credit history, the temptation of easy credit and the need to scrimp to send funds back home."

In 2006, Dr. and Mrs. Laquian helped the Vancouver Committee for Domestic Workers and Caregivers Rights (CDWCR) establish CARE-NET (Caregivers Network), a series of workshops and training to help caregivers do their jobs well and become landed immigrants. The workshops, held on Sundays, include a home-cooked lunch of chicken adobo and rice, as well as a free manual for caregivers.

Today, CDWCR volunteers train 50 to 75 newly-arrived caregivers each year, and resource persons conduct the workshops. For example, since personal financial management is a major component of CARE-NET, a seminar on basic banking was given by Lorina Serafico, a Scotiabank personal banking officer.

Outside of office hours at Scotiabank's Fraser and 49th Avenue Branch in Vancouver, Lorina is a CARE-NET volunteer coordinator. As a newcomer from the Philippines herself, she understands their challenges.

"Lack of funds is the main reason that newcomers delay applying for permanent residency, so I show them how much they can save in two years if they start putting away a bit every pay day. We teach them to save for their future and avoid 'Buy now, pay later' offers," Lorina says, adding that former workshop attendees now mentor other newcomers.

Lorina is also proud to represent Scotiabank due to the commitment of her co-workers and the Bank to the community, including a recent donation to set up Canada's first Filipiniana collection of books at the Richmond Public Library. She concludes that, "It's wonderful to share our experience and knowledge to help other newcomers land more easily."

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Dr. Aprodicio Laquian and his wife Eleanor

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Starbucks plans more free Wi-Fi

Canadians could be getting an incentive to stick around Starbucks long after they've finished their cappuccino. A plan by the Seattle-based chain to offer customers unlimited Wi-Fi at all U.S. locations could be coming to Canada, a spokesperson confirmed. METRO NEWS SERVICES

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Sun TV targets 'boring' news foes

MEDIA The proposed Sun TV News Channel says it hopes to lure viewers away from "boring" and "politically correct" competitors with snappy and controversial takes on current events that it says are missing from the Canadian news spectrum.

Sun TV parent Quebecor Media Inc. announced yesterday it plans to launch the new channel by early next year, ending months of speculation and anticipation in Ottawa over what had been informally dubbed "Fox News North."

While reports have said the new network will be aimed at conservative viewers — hoping to match the popularity and commercial success of conservative radio and TV in the United States — Quebecor executives played down talk of any overt right-wing agenda. THE CANADIAN PRESS

World Cup **Ambush marketers?**

A.P. PHOTO/GUILLERMO ARIAS

Barabara Castelein, left, and Mierte, from the Netherlands, walk near the SoccerCity stadium in Johannesburg, South Africa, yesterday. FIFA is defendeing questioning more than 30 young, blond women who showed up for a World Cup match in orange mini-dresses — the symbol of a beer advertising campaign in the Netherlands. Soccer's governing body says the outfits, which the women wore to the Netherlands-Denmark game Monday, were an ambush marketing campaign by the Dutch brewery Bavaria NV.

Panel grills oil firms

Spill response plans called inadequate

Members of the U.S. Congress chastised the largest oil companies yesterday, accusing them of being no better prepared than BP to avert an environmental catastrophe.

With top oil company executives waiting to testify at a House hearing, Rep. Henry Waxman asserted that the companies' spill response plans amounted to "paper exercises" that mirrored BP's failed plan. Their strategies to plug a spill deep beneath the sea are the same failed strategies that have stymied BP, the California Democrat said.

Meanwhile, BP said it was speeding up payments for large commercial claims filed as a result of losses in the Deepwater Horizon explosion and spill. BP said it approved 337 payments totalling $16 million.

Waxman's committee released documents that showed BP made a series of money-saving shortcuts and blunders that dramatically increased the danger of a destructive spill from a well that an engineer ominously described as a "nightmare" just six days before the April blowout. THE ASSOCIATED PRESS

Business in brief

IPHONE Apple is trying to go where Google failed by selling unlocked phones directly to customers in Canada through its website. Customers can purchase the eight-gigabyte iPhone 3GS for its full cost of $549, or the upcoming iPhone 4, which does not yet have a price listed. The customer is then free to go shopping for the best monthly service deal they can find, the company said. In Canada, this means iPhone owners have considerable choice. METRO NEWS SERVICES

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Comment

Bunch of knuckleheads

TheWestView

Paul Sullivan

metronews.ca/thewestview

Ever get the feeling you woke up on the wrong planet, somebody stole your spaceship, and it's a long walk home?

That's how I felt after UFC 115 rolled through Vancouver, landed several blows to our civic psyche, then left, vowing to return.

UFC, for the uninitiated, is short for Ultimate Fighting Championship, and 115 is the 115th event. Since UFC 1 in 1993, fighters skilled in a mix of martial arts, including jiu-jitsu, Muay Thai and boxing, have been beating the crap out of each other in front of increasingly larger crowds all across the world.

What exactly is going on here? If you don't have a 20-year-old son who looks like a Brazilian gangster, you may have heard about UFC, but don't really know what it's about. Let me just say, ignorance is no defence.

DARRYL DYCK/THE CANADIAN PRESS

Carlos Condit, top, swings at Rory MacDonald, of Kelowna, B.C., last Saturday during UFC 115 in Vancouver.

When John McCain, the man who will go down in history as Sarah Palin's enabler, first encountered UFC, he called it "human cockfighting." Back then the tag line was: "There are no rules." Now there are rules. You can no longer, for example, break your opponent's fingers, gouge his eyes out or "kick the head of a grounded opponent." You can, of course, continue to smash him in the face with your fists even though he's down and incapacitated.

After UFC 115, the emergency ward at Vancouver General looked like a MASH unit after a bad day on the battlefield. At least five of the combatants were hospitalized, with broken arms, hands, feet, and noses.

Here's how one sports writer, Ian MacIntyre of the Vancouver Sun, described the beating absorbed by Rory MacDonald, a 20-year-old who looks like a Brazilian gangster but is just a nice kid (really!) from Kelowna: "Condit's right arm worked like a piston as he efficiently cracked Rory's face and head over and over and over and over."

And then: "At that stage, after more than three minutes of sustained beating, Rory's defence consisted almost entirely of lolling his head from one side to another. But the cracks continued, one after another."

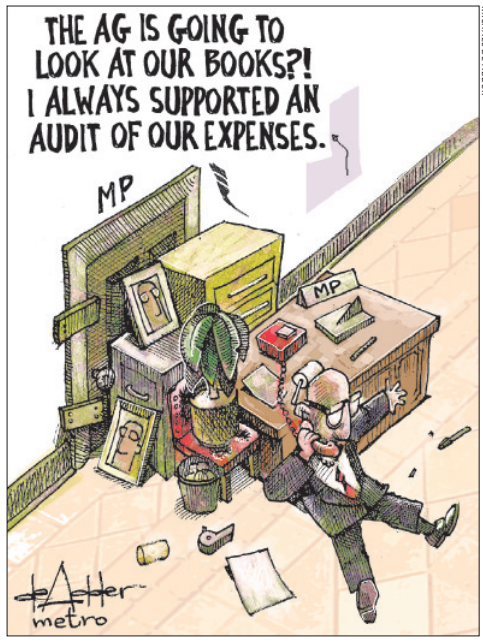
And then: "… referee Kevin Dornan decided enough was enough and stopped the slaughter. The crowd booed his judgment."

Under any other circumstances, this behaviour would be called by its real name: Aggravated assault. When something like this happens at the rink, the cops investigate. At UFC, while the guy's bleeding and unconscious, there's just enough time to go for another beer.

You think boxing was bad? This is boxing on crack.

Count me out. Now, where can I catch the space taxi?

Paul Sullivan is a Vancouver-based journalist and owner of Sullivan Media Consulting; vancouverletters@metronews.ca.



MICHAEL DE ADDER

Worth mentioning

Being more active means more boo-boos: StatsCan

Canadians may be more active these days, but a new study concludes they're also suffering more injuries because of it.

Statistics Canada reports one in seven, or 4.1 million Canadians aged 12 and older, suffered an activity-limiting injury last year.

The agency's community health survey found that about 35 per cent of injuries occurred while taking part in sports or physical exercise — the most common type of injury-causing activity.

Just more than 4.1 million Canadians aged 12 and older, or about 15 per cent of this population, suffered an injury severe enough to limit their usual activities in 2009.

This was up from 3.4 million, or 13 per cent, in 2001.

Of those injuries, 55 per cent received medical attention within 48 hours in 2009, down from 64 per cent in 2001.

Taking part in sports or physical exercise was the most frequent type of activity at the time the injury occurred for both males (41 per cent) and females (28).

Walking (19 per cent) was the second-most common injury-related activity for females, followed by household chores (13). For males, the next most common activities were working (17 per cent) and doing household chores (15).

Adolescents aged 12 to 19 had the highest injury rate of all age groups covered by the survey, at 26 per cent. **THE CANADIAN PRESS**

1.7

The most common cause of injury reported by Canadians was falls. In 2009, nearly 1.7 million people, or 41 per cent of those who reported an injury, said they were injured in a fall. This was more common among women (46 per cent) than men (36).

Word on the street: The $50-million Lotto Max jackpot is still up for grabs. What would you do with the money if you won?

Clive Gour
Ottawa

A: I never play, but I think I would take the time to think about it and give a big chunk of the money to associations and organizations and keep a little pot for me.

Theresa Tam
Ottawa

A: Pay off the mortgage, invest in some real estate and go on a holiday somewhere. I would get my parents a present and help my family out.

Tom Volk
Ottawa

A: I wouldn't be taking French lessons.

Patricia Raulino
Toronto

A: I would buy a farm with all my favourite farm animals. It would only be a fun farm — no eating the animals. I would take care of them, and make my enemies my slaves.

Justin Warfield
Halifax

A: I'd fly to Thailand and eat lots of young coconuts, and supply the rest of the world with young coconuts so we could all have perfect balance on our electrolytes.

Monika Fouad
Edmonton

A: I would probably donate half of it because I would feel bad having all that money for myself. Then I would pay down all our debts and invest it in the future of our kids.

Tell us your views by email to ottawaletters@metronews.ca or comment on metronews.ca or on Twitter @metroottawa

Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

Scotiabank *StartRight*® helps newcomers feel at home

Manisha and **Sudhir Bagde** chose to come to Canada in spite of being told by a former neighbour from Mumbai that things weren't too encouraging here right now.

Their gung-ho attitude and positive thinking underlines every statement they make.

"We came here to provide a better future for our kids. I am convinced that we will make it in Canada," says Sudhir.

An architect trained with a Master's from JJ College of Architecture, Mumbai, Sudhir was Vice-President of a very well-known construction group. He researched job opportunities in Canada and had lined up a confirmed job in Halifax before moving.

"An agent responded to my online application; we had several discussions over the phone. After a few interviews with the HR people at the firm, I had my first job offer. Unfortunately, the project was shelved, but nobody's to blame for it," says an ever-positive Sudhir." I gained interview opportunities and experience in the process. They say they will contact me when the project gets off the ground."

Manisha, with a Masters in Fine Arts also from JJ School of Arts, ran her own design studio in Mumbai. In Toronto, she is enjoying the weather. She feels absolutely at home and finds Canadians very welcoming.

"Right now both of us are looking for jobs, but things will fall into place soon," she says confidently.

Scotiabank *StartRight*® gives newcomers a headstart

Pankaj Mehra, Director India and South Asia Markets at Scotiabank, tells the Bagdes, "Water finds its own level. Your positive energy is bound to be reflected in every interaction of yours."

Manisha seizes the word positive. "Everyone here is so positive! We went to Scotiabank and we felt we were with people who cared and would help."

Sudhir had met a Scotiabank representative in Mumbai who told him about the **Scotiabank *StartRight*®** Program for newcomers to Canada and the bank's partnership with HDFC Bank in India.

"I said, 'Good idea!'" laughs Sudhir. "The banking formalities were all completed while I was in India. I had an account in Canada the day I landed." A minor glitch was soon ironed out. The Bagdes had opened a joint account, but Manisha stayed back in India for their daughter to complete her school exams and joined Sudhir a few weeks later.

"Pankaj helped me sort things out. **Intesar Khan**, the Branch Manager at the time at Highway 10 and Ray Lawson in Brampton, opened a new account for me that I could operate until Manisha joined me."

> "Everyone at Scotiabank is so positive and helpful."

"Scotiabank is committed to helping newcomers to Canada settle in well," says **Rania Llewellyn**, Vice-President, Multicultural Banking. "Newcomers like the Bagdes are such an asset to the country."

The Bagdes admit to wondering how their new neighbours would be and if the kids would settle in. Happily, they have positive things to report on both fronts. Their daughter **Kruti**, 17, stayed in touch with friends in India by e-mail while exploring her new neighbourhood over the summer holidays. Their son **Kalpak**, 12, is immersed in books he brings home from the Mississauga Public Library.

Sudhir has now become a Certified Project Manager (PMP) and working towards LEED accreditation, while extensively networking with professionals in his area.

He recounts an amusing incident. "I had to fill out a form and a lady asked me to spell my name. BAGDE, I said. BADGE, she wrote."

"How's that for Canadian experience? Maybe this 'Badge' will improve my chances!"

THIS ADVERTORIAL IS PREPARED BY SCOTIABANK.

Manisha and Sudhir Bagde with Kruti and Palak
– New Immigrants, Scotiabank Customers

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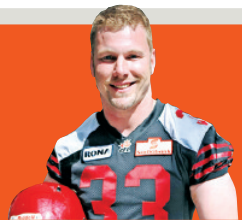
1 Scotiabank *StartRight* Program, created for Canadian landed immigrants from 0-3 years in Canada, international students, foreign workers and immigrant investors. **2** Secured at 100% of the credit limit, *No-Fee Scotia Moneyback*® VISA card subject to meeting Scotiabank's eligibility and credit criteria. **3** Free banking for one year when you open a new *Powerchequing* account with Scotiabank. Free banking offer refers to all account monthly transaction fees for the *Powerchequing* account package; additional fees apply for shared ABM services, cross-border debit transactions and all other banking services not included in the *Powerchequing* account package. **4** Subject to availability and signing the Safety Deposit Box lease. **5** Subject to Scotiabank financing terms & conditions. Downpayment required. **6** Subject to property meeting Scotiabank and/or CMHC/Genworth Financial Canada credit and lending criteria for residential properties. * VISA Int./Lic user The Bank of Nova Scotia. ™ Trademarks of the Bank of Nova Scotia. ® Registered trademarks of the Bank of Nova Scotia. ®* The WESTERN UNION name, logo and related trademarks and service marks, owned by Western Union Holdings, Inc., are registered and/or used in the U.S. and many foreign countries and are used with permission. Scotiabank is an authorized agent facilitating Western Union Money Transfer® services but is not responsible for the funds transfer. A Scotiabank Day-to-Day account is required for a Western Union Money Transfer® transaction. Δ Promotional offers available to customers who qualify for the Scotiabank *StartRight* Program and open a *Powerchequing* account, a Safety Deposit Box, or get *No-Fee Scotia Moneyback*® VISA card; or to customers who qualify for the Welcome to Canada Mortgage Program and get a mortgage. Limited period, subject to availability. ¥ Offer limited to new subscribers who have not had home delivery for at least 45 days.

Scotiabank®

County renamed for Wade

Dwyane Wade is getting his own county. By unanimous vote, Miami-Dade County commissioners declared yesterday that the area would be known as "Miami-Wade County" from July 1-7, a week that coincides with the start of NBA free agency. THE ASSOCIATED PRESS

Sports



Fans give jerseys rough ride

In a province where football fans are said to bleed green, some are seeing red over the Saskatchewan Roughriders' new retro jerseys. The red-and-black retro jerseys were unveiled yesterday as part of the team's centennial celebrations. Some fans on the team's website were critical of the choice even before the jersey was unveiled. They quoted a Riders song that says "green is the colour." THE CANADIAN PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

MATT SLOCUM/THE ASSOCIATED PRESS

Tiger Woods looks at a putt on the first hole during a practice round for the U.S. Open golf tournament yesterday.

Woods still sharpening game ahead of U.S. Open

GOLF Tiger Woods says his health is better and his game is progressing as he returns to Pebble Beach for the first time in eight years to play the U.S. Open.

No one, however, is counting on another 15-shot victory by Woods.

This is only his fifth tournament of the year, and he has managed to finish only 13 rounds.

Woods still is not sharp, except when it comes to answering questions about his personal life. One reporter asked if there had been a resolution to his marriage, and Woods barked back, "That's none of your business."

Woods played 13 holes of practice before calling it a day because the back nine was clogged with players on a chilly morning. THE ASSOCIATED PRESS

CHRISTIAN PETERSEN/GETTY IMAGES

Ray Allen of the Boston Celtics looks to drive on Derek Fisher of the Los Angeles Lakers last night.

One not enough

History of championships looms over Celtics

One banner in the rafters accomplished a lifelong goal for Paul Pierce, Ray Allen and Kevin Garnett. Another and they're in the conversation with the great Boston Celtics teams of all time.

"Everybody wants to have one. All the teams want to get there. But there have been a lot of great players who never did," said Tom (Satch) Sanders, who won eight NBA titles in a Celtics career that lasted from 1960-73.

Winning a second, Sanders said, "It does nothing for you except for one thing: It makes you want more."

For Boston, the championships have always come in bunches.

Bill Russell's teams won eight straight titles and 11 out of 13 from 1957-69. In the '70s, a nucleus of John Havlicek, Dave Cowens and JoJo White won two. In the '80s, Larry Bird, Robert Parish and Kevin McHale added three more.

"These guys are right up there. They're doing some good things," Cowens said Monday night, standing on the Celtics' parquet under the championship banners at the TD Garden during a benefit for the New England Sports Museum. "The more you win, the better it is for everybody."

The most decorated franchise in NBA history, the Celtics had gone an unprecedented 21 years without adding to their record cache of championships before Garnett and Allen joined Pierce in Boston and won banner No. 17 in 2008. But even after their victory, coach Doc Rivers told his players that one wasn't enough in Boston.

"Obviously, one is special," Rivers said this spring after the Celtics advanced to the finals for the second time in three years. "But the other groups have a couple, and we'd love to join that club ... We've talked about that, that we want to join that club." THE ASSOCIATED PRESS

Coach who Cavs coveted staying put

BASKETBALL Tom Izzo is staying at Michigan State, turning down a chance to coach the Cleveland Cavaliers and perhaps LeBron James.

"I'm pleased to say I am here for life at Michigan State," Izzo said in a statement released by the school last night.

Tom Izzo

For the past nine days, Izzo has been trying to decide whether to leave the place that has been his home since 1983 and jump to the NBA to perhaps make $6 million — doubling his salary — and possibly coaching one of the best basketball players in the world.

"Just as I decided to stay home, I hope a 6-8, 270-pound forward in Cleveland decides to stay home," Izzo said in a statement.

James' uncertain future will make for a difficult decision for any prospective Cavs coach. The 25-year-old superstar is unlikely to tip his hand publicly before free agency begins July 1. THE ASSOCIATED PRESS

Sports in brief

NHL Hockey Hall of Famer Cam Neely will be named the president of the Boston Bruins, a team official familiar with the decision told The Associated Press. The Bruins have not had a president since 2006. THE ASSOCIATED PRESSS

SCOREBOARD

BASEBALL

YESTERDAY'S NL RESULTS
L.A. Dodgers at Cincinnati

YESTERDAY'S INTERLEAGUE RESULTS
Boston 6 Arizona 3
Chicago White Sox 6 Pittsburgh 4
Detroit 7 Washington 4
Minnesota 9 Colorado 3
N.Y. Mets 7 Cleveland 6
N.Y. Yankees 8 Philadelphia 3
Texas 3 Florida 2
Tampa Bay at Atlanta
Oakland at Chicago Cubs
Houston at Kansas City
Seattle at St. Louis
Milwaukee at L.A. Angels
Toronto at San Diego
Baltimore at San Francisco

NBA PLAYOFFS

YESTERDAY'S RESULTS
Boston at L.A. Lakers

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Rodriguez may start for Argentina
Maxi Rodriguez could start in place of ailing Juan Sebastian Veron in Argentina's match against South Korea, Argentina team spokesman Andres Ventura said yesterday. Ventura said a final decision on Veron's status for tomorrow's match had yet to be made. THE ASSOCIATED PRESS

World Cup

Fans flocking in

The number of World Cup fans who have come to South Africa so far already approaches the most optimistic estimates for the tournament, according to the immigration ministry, which put the figure at more than 450,000 yesterday. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Spaniards 'flattered'

GROUP H PREVIEW

Spain vs. **Switzerland**

VS

PURSUIT The last time Spain played in South Africa it was stunned by the United States in the Confederations Cup semi-finals. That is the Spaniards' only loss in 49 games, and they won a European Championship in that span.

They begin pursuit of their first World Cup title today when they play Switzerland in Durban, the last nations to get under way in the tournament.

"There's high expectations because of our trajectory over the past years, people see we can play well and that's positive," striker David Villa said.

"I wouldn't say it's pressure, it's more like flattery."

Spain plays an attractive style featuring plenty of passing, exquisite ball control and a knack for scoring timely goals.

And in Iker Casillas, it has one of the world's best goalkeepers.

The Group H match concludes the first set of opening-round games.

Earlier today, Honduras faces Chile at Nelspruit, while South Africa takes on Uruguay at Pretoria.

THE ASSOCIATED PRESS

Practice

- Switzerland coach Ottmar Hitzfeld says his team has trained to cope with the deafening din of vuvuzelas. He says he scheduled an extra public training session and invited South African fans, knowing they would bring their plastic horns.

MATT DUNHAM/THE ASSOCIATED PRESS

Brazil's Blumer Elano scores his side's second goal against North Korea yesterday at Ellis Park Stadium in Johannesburg.

Tough nut to crack

Brazilians have hard time against North Korean defence

GROUP G RESULTS

Brazil 2 **North Korea** 1

VS

Maicon and Elano scored a goal each as Brazil broke through a solid North Korean defence to win their opening World Cup match 2-1 yesterday.

Brazil escaped with a hard-fought victory in the Group G match after struggling to get past the defensive setup of the North Koreans, who are making their first World Cup appearance in 44 years and arrived as the tournament's lowest-ranked team.

"The opener is always harder," Brazilian coach Dunga said. "There is the anxiety, the players are more nervous than usual, trying to do too much. But we are satisfied."

Maicon scored at Ellis Park after a through ball from midfielder Elano in the 55th minute, making a run on the right side and shooting into the far corner from a tight angle as North Korea goalkeeper Ri Myong Guk went for the cross.

Elano then added to the lead in the 72nd after a well-timed pass from Robinho, finding the net with a one-timer from inside the area.

Ji Yun Nam pulled one back for North Korea in the 89th with a left-footer from inside the area.

The victory gives Brazil first place in the group after Portugal and the Ivory Coast drew 0-0 in their opener earlier yesterday.

THE ASSOCIATED PRESS

Ronaldo, Drogba fail to find the back of the net in draw

GROUP G RESULT

Portugal 0 **Ivory Coast** 0

VS

TIE Ivory Coast drew 0-0 with Portugal at the World Cup yesterday, largely outplaying its higher-ranked opponent despite Didier Drogba only coming on as a late substitute.

Portugal captain Cristiano Ronaldo hit the post early, but Ivory Coast otherwise created the better openings in the Group G match.

"It was a tight game, not many occasions to score," Ivory Coast coach Sven-Goran Eriksson said.

"I thought if any team was going to win, it was we. We created some more chances than they did. I am very, very happy with the performance.

"If you think about discipline and organization, I think we were organized for all 90 minutes," Eriksson added.

Drogba came on as a 66th-minute substitute for Chelsea teammate Salomon Kalou after FIFA cleared him to play with a cast on the arm he broke in a warmup match against Japan June 4.

THE ASSOCIATED PRESS

First point for New Zealand

- Winston Reid headed in an injury-time goal yesterday to give New Zealand a 1-1 draw with Slovakia at the World Cup. It was New Zealand's first point at a World Cup after going winless in its debut in 1982.

SCOREBOARD

GROUP A

	GP	W	D	L	GF	GA	Pts
South Africa	1	0	1	0	1	1	1
Mexico	1	0	1	0	1	1	1
Uruguay	1	0	1	0	0	0	1
France	1	0	1	0	0	0	1

TODAY'S GAME
South Africa vs. Uruguay, 2:30 p.m.
THURSDAY'S GAME
Mexico vs. France, 2:30 p.m.

GROUP B

	GP	W	D	L	GF	GA	Pts
South Korea	1	1	0	0	2	0	3
Argentina	1	1	0	0	1	0	3
Nigeria	1	0	0	1	0	1	0
Greece	1	0	0	1	0	2	0

THURSDAY'S GAMES
Argentina vs. South Korea, 7:30 a.m.
Nigeria vs. Greece, 10 a.m.

GROUP C

	GP	W	D	L	GF	GA	Pts
Slovenia	1	1	0	0	1	0	3
England	1	0	1	0	1	1	1
United States	1	0	1	0	1	1	1
Algeria	1	0	0	1	0	1	0

FRIDAY'S GAMES
United States vs. Slovenia, 10 a.m.
England vs. Algeria, 2:30 p.m.

GROUP D

	GP	W	D	L	GF	GA	Pts
Germany	1	1	0	0	4	0	3
Ghana	1	1	0	0	1	0	3
Serbia	1	0	0	1	0	1	0
Australia	1	0	0	1	0	4	0

FRIDAY'S GAME
Germany vs. Serbia, 7:30 a.m.
SATURDAY'S GAME
Australia vs. Ghana, 10 a.m.

GROUP E

	GP	W	D	L	GF	GA	Pts
Netherlands	1	1	0	0	2	0	3
Japan	1	1	0	0	1	0	3
Cameroon	1	0	0	1	0	1	0
Denmark	1	0	0	1	0	2	0

SATURDAY'S GAMES
Netherlands vs. Japan, 7:30 a.m.
Denmark vs. Cameroon, 2:30 p.m.

GROUP F

	GP	W	D	L	GF	GA	Pts
Italy	1	0	1	0	1	1	1
New Zealand	1	0	1	0	1	1	1
Paraguay	1	0	1	0	1	1	1
Slovakia	1	0	1	0	1	1	1

YESTERDAY'S RESULTS
New Zealand 1, Slovakia 1

GROUP G

	GP	W	D	L	GF	GA	Pts
Brazil	1	1	0	0	2	1	3
Ivory Coast	1	0	1	0	0	0	1
Portugal	1	0	1	0	0	0	1
North Korea	1	0	0	1	1	2	0

YESTERDAY'S RESULTS
Ivory Coast 0, Portugal 0
Brazil 2 North Korea 1

GROUP H

	GP	W	D	L	GF	GA	Pts
Chile	0	0	0	0	0	0	0
Honduras	0	0	0	0	0	0	0
Spain	0	0	0	0	0	0	0
Switzerland	0	0	0	0	0	0	0

TODAY'S GAMES
Honduras vs. Chile, 7:30 a.m.
Spain vs. Switzerland, 10 a.m.

All Times ET

SCORERS

GOAL SCORERS THROUGH YESTERDAY'S GAMES:
Daniel Agger, Netherlands; Antolin Alcaraz, Paraguay; Cacau, Germany; Daniele De Rossi, Italy; Clint Dempsey, U.S.; Elano, Brazil; Steven Gerrard, England; Asamoah Gyan, Ghana; Keisuke Honda, Japan; Gabriel Ivan Heinze, Argentina.

Yun Nam Ji, North Korea; Park Ji-Sung, South Korea; Lee Jung-Soo, South Korea; Miroslav Klose, Germany; Robert Koren, Slovenia; Dirk Kuyt, Netherlands; Maicon, Brazil; Rafael Marquez, Mexico; Thomas Muller, Germany; Lukas Podolski, Germany.

Winston Reid, New Zealand; Siphiwe Tshabalala, South Africa; Robert Vittek, Slovakia.

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Confucius Institute comes to Brock

Ontario's Brock University has been granted a Confucius Institute, one of only three in the province. The Office of Chinese Language International will provide $150,000 U.S. in start-up funds, along with up to $100,000 U.S. in annual project-based funding. METRO NEWS SERVICES

Workology

Quebec PSE on the precipice

McGill University principal Heather Munroe-Blum addressed the Canadian Club of Montreal this week and talked of the fragile state of PSE in the province. She says the main reason for its shortcomings is that the province has the lowest per-student funding in Canada. Only one Quebec university has cracked the top 100 of any global rankings, or even the top 10 in all three Maclean's rankings.

ACADEMICA GROUP

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

At Lasik, the eyes are the prize

Eye surgery clinic co-founders say they never expected coast-to-coast success

RAFAEL BRUSILOW
for Metro Canada

Fixing eyes with lasers may seem like a concept right out of sci-fi novel but for the Canadian founders of Lasik MD it's a lifelong dream come true.

Doctors Mark Cohen and Avi Wallerstein met in their residency at McGill University and after a stint working together decided to open their own private company in 2001. Lasik MD started with just two clinics in Montreal and Toronto and a call centre located in the basement of a photocopy store, yet today Lasik MD is Canada's largest provider of laser vision correction and has more than 25 clinics coast to coast including their first American clinic in Syracuse, New York.

Cohen says the rapid growth of Lasik MD has been a whirlwind he never foresaw. Starting a business just wasn't part of his original plan and he had to learn business by doing.

"I never expected to run a business or a national company, that was never part of the equation. (Avi and I) didn't have any formal business training, we learned by osmosis, just by exposure to being in the presence of business people. That allowed us an opportunity to develop good business skills," Cohen said.

When they started, Cohen and Wallerstein believed offering laser eye surgery for a cheaper price would increase the volume of surgeries performed dramatically, making it more cost effective and ensuring surgeons would become experienced in the best possible techniques much more quickly. That idea has proven true in practice as today more than 50 Lasik MD surgeons conduct about 60,000 laser vision correction surgeries every year, almost half of all such surgeries done in the Canada.

Doctors Mark Cohen and Avi Wallerstein, founders of Lasik MD, are some of the most experienced laser eye surgeons in the world, both performing around 50,000 corrective surgeries.

Cohen's enthusiasm for his job still shines through after all those procedures:

"We have no interest in selling the company and going public. I eat, drink and sleep this stuff. This is our profession, we're in it for the long haul," Cohen said.

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Warning to employers

WorkplaceLaw

I love the tales from the workplace trenches. Those that I select to report are chosen based on a combination of their merit, law, skill — and sometimes error. This is one story of how not to fire an employee.

Maki Nishina was a company success story. Nishina, a Japanese citizen, moved to California and, after graduating, took a job as an assistant with Japanese seafood producer Azuma Foods. When the company opened a seafood processing plant in Richmond, B.C., Nishina was asked to move there and take a promotion as a supervisor in quality control.

Nishina eventually clashed with a manager over a product which, in her view, was not yet approved by Canadian regulators. Shortly afterwards, she was disciplined again for sending an email to her personal email address so she could work from home. When the email bounced back to the company's IT department, Nishina was summoned to a meeting and told that the company could no longer trust her and that she could no longer use its computer system. Distraught about what she perceived to be a demotion, Nishina went back to her desk and cleaned out her personal items and deleted personal emails from her computer.

When Azuma learned Nishina had taken her personal belongings and deleted files from its computer, it decided to fire her, accusing her of taking confidential information.

Since Nishina had only taken her personal items home, she sued the company for wrongful dismissal and for punitive damages based on the manner in which she had been dismissed.

At a recent trial, Azuma was chastised for what the court viewed was its hardball tactics in firing Nishina. The grounds it relied on to fire her were viewed as "weak" and the company's response to Nishina's conduct was out of proportion with her actions, drawing "exaggerated conclusions" about her conduct. Further, the court found that Azuma failed to act in good faith at the time of Nishina's termination, because as a foreign worker on a work permit, she was particularly vulnerable to the company's actions on termination. As a result, the court awarded her an additional $20,000 in punitive damages, which are usually restricted to the most serious forms of misconduct.

The decision serves as a reminder to employers to tread carefully when dismissing employees or risk facing additional punitive damages that the courts will award when an otherwise garden-variety termination is complicated by unfounded allegations of employee misbehaviour.

Daniel A. Lublin is an employment lawyer with Whitten & Lublin LLP. Reach him at dan@toronto-employmentlawyer.com.

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One way to lose weight...
One of the ways employees can cut back on workplace weight gain is by heading to the gym during lunch hour, but only nine per cent of employees said they work up a sweat in the middle of the day. METRO NEWS SERVICES

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Economy adding to the waistline?

The combination of work stress and economic pressures appears to be playing a role in the labour force's weight gain.

Overall, 44 per cent of workers say they have gained weight in their current jobs, up slightly from 2009, according to a new CareerBuilder survey. Nearly one-third (32 per cent) of workers say that stress contributed to their weight gain at work.

Other factors workers cite for contributing to weight gain in the office include:

- Sitting at a desk most of the day;
- Eating out regularly;
- Skipping meals because of time constraints.

More than one-quarter (28 per cent) of employees report they have gained more than 10 pounds and 12 per cent say they gained more than 20 pounds while in their present positions. Comparing genders, women were more likely to put on weight than men. Half of female workers (50 per cent) say they have gained weight in their current position, compared to 39 percent of their male counterparts.

"Especially in this economy, it is easier to pick up unhealthy eating habits in the office as workers spend more time on heavier workloads and less time on themselves."
CareerBuilder's Rosemary Haefner

"Especially in this economy, it is easier to pick up unhealthy eating habits in the office as workers spend more time on heavier workloads and less time on themselves," said Rosemary Haefner, vice president of Human Resources for CareerBuilder. "We continue to see employers offering perks such as gym passes, onsite workout facilities and wellness benefits."

METRO NEWS SERVICES

GMC goes Heavy-Duty
GMC has announced that the all-new 2011 Sierra Heavy-Duty will start at $35,600 for the 2500 regular-cab 2WD model. The line-up will also include the first offering of the Denali trim line on a heavy-duty GMC pickup, starting at $59,210. CANADIANDRIVER.COM

Metro Drive

Range Rover turns 40
The Range Rover celebrates its 40th birthday tomorrow, marking three generations of the the luxury 4×4 SUV. The three generations were the original in 1970, the second-generation P38A in 1994 (pictured), and third-generation L322 in 2001. CANADIANDRIVER.COM

EDITOR: KUMAR SAHA, KUMAR.SAHA@METRONEWS.CA

The 2010 Dodge Challenger RT will please fans of old-school muscle cars.

Challenger ripped and retro

Dodge's muscle-car throwback fully ready to rule the road

JUSTIN PRITCHARD
for Metro Canada

Thanks to tremendous loyalty, nostalgia and novelty, there's a unique list of criteria for which driving folks will spend 40-plus large on a Hemi-powered copy of Dodge's latest retro rod, the Challenger.

Sensibility isn't near the top of that list. In fact, for card-carrying Mopar nuts, chances are that considering a Mustang or Camaro amounts to blasphemy punishable by friends and family. In the interests of peace, I won't mention that new rear-drive coupe from Hyundai, either.

The gist? Dodge fans set on a Challenger RT will damn well have their rip-snorting burnout monster, regardless of what some writer says about cheap dashboard plastic, noisy engines or other such fluff.

Challenger RT starts at around $35,000, with a five-speed automatic gearbox and 5.7 litre Hemi V8 that puts over 370 horsepower at the driver's disposal. With the optional six-speed manual transmission installed at a cost of $2,000, drivers can blast very quickly through first, second and third gear before velocity reaches dangerous territory. It's massive fun, backed up by fantastic muscle-car sound effects and plenty of neck-straining torque.

The Challenger (as tested) had a Boston Acoustics stereo and navigation, among other frills.

With the pistol-grip shifter and a just-right amount of mechanical feedback through the driveline, the Challenger RT puts on a heck of a show — and it's full of tough, manly and masculine character. It's also very true to its visual roots, which is a big deal for those shopping out a resurrected piece of their motoring youth.

All in all, Challenger looks and feels a bit old-school, and it's been selling like hotcakes because of it.

There are a few complaints, though. First, rearward visibility is limited, and mirrors are small — which can make lane-changes or parking troublesome for some drivers. The electronic throttle system can occasionally feel numb and unnatural, and the manual transmission occasionally forces drivers to perform a first-to-forth shift to save fuel, which can be frustrating.

Inside, the tester was summertime road-trip ready. There's generous room for even bigger guys and girls, relatively easy entry and exit, adequate room in every direction, and even some adult-friendly rear seats.

2010 Dodge Challenger RT

Type: Sports coupe
Price: $44,125 (as tested)
Engine: 5.7Litre HEMI V8, 375 horsepower
Fuel Economy (estimated): 12.5L /100km

Highlights

- Great performance
- Impressive styling
- Good cruising mileage

Make your car pay you

Instead of one expense after another — or instead of constantly putting your hand in your pocket to pay the costs of running a vehicle — did you know that with a little tender loving care, you can actually make your car pay you?

Increasing gas bills, repair bills, and insurance costs are indeed a reality, but with a bit of dedication, and a plan, you could get a good portion of that money back. It's all tied to vehicle maintenance and to lengthening the life cycle of the vehicle.

"Imagine a savings of $20,000 in car costs," says Freeman Young, president of Krown Rust Control. "A study conducted by Runzheimer Canada shows by extending the life of your car from four, to at least eight years with dedicated maintenance, you stand to keep up to $20,000 in your pocket. Those savings reflect a combination of car payment costs, interest, and reduced insurance costs."

If you want to extend the life of a vehicle you need a sound, body maintenance program, Freeman confirmed. That includes washing, waxing and interior care, among other things. NEWS CANADA

Routine car maintenance can actually save you money in the long run, experts say.

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Thin is in

A super-thin material called graphene has the potential to replace carbon fibre in light, fuel-efficient automobiles and aircraft, according to new research at England's University of Manchester. The new material is just one atom thick. METRO NEWS SERVICES

Auto products for green minds

The firms that comprise the Specialty Equipment Manufacturers' Association (SEMA) are, and have been, at the forefront of creating aftermarket products for those with a need for speed.

Its annual trade show in Las Vegas every November has evolved into one of the biggest car events on the planet.

There might be a few too many "Girls of SEMA" pictorials coming out of the show each year, but that's such a small price to pay for such a celebration of automotive technology.

I recently spoke to Peter MacGillvary, SEMA's vice-president of events and communications, about how some of these so-called performance products, might also be of interest to those of us with a green bent.

"SEMA has its roots in performance and motorsports, and motorsports is really about efficiencies… Squeezing every last bit of potential out of a vehicle," said Peter.

"Efficiencies create power and speed, but also fuel economy."

COLD AIR INTAKE

"The engine is a lot of things, but it's really just a big air pump," said Peter. "The colder the air, the more efficiently it moves through the engine. Cold air intakes are relatively inexpensive and easy to install, and they'll improve both power and fuel economy."

CAT-BACK EXHAUST

Peter notes its illegal to modify the catalytic converter of your exhaust system, nor any part between it and the engine. But anything rear-ward of the converter is all yours.

"A low restrictive cat-back exhaust works on the same principal as the cold air intake — it's all about better air flow. A lot of people who tow horse trailers or boats, will use a combination of a cold air intake and a cat back exhaust system, to help their fuel economy."

The SEMA trade show is one of the largest automotive aftermarket events in North America.

ENGINE PROGRAMMING KIT

Yes, throw away your screwdriver and start clicking your mouse. For years now, gearheads with some faculty in computer programming, have been modifying their car's engine management systems, to change up things like shift points, fuel mixtures, torque curves, etc. But Peter tells us that virtually everyone can do it now, with the arrival of super easy-to-use programming kits.

"They make it real easy for you. They ask you want you want to accomplish… More fuel efficiency? More torque for towing? More acceleration? And you can always change it up."

TONNEAU COVER

A tonneau cover not only protects your stuff in the back of your pickup, and looks good, but also make your rig way more aerodynamic.

GREEN TIRES

The industry is moving to tires that have low rolling resistance, to net you more clicks per litre. They're also manufactured more ecologically. But Peter says you can make your current tire "green" by simply buying a very low-tech device, called a tire pressure gauge. It's not a big secret that an underflated tire is a greedy tire.

Finally, if you have a vehicle you're not exactly proud of, the kind you only drive with a bag your head, then consider any performance or cosmetic product. It might "recycle" your pride of ownership.

Michael Goetz has been writing about cars and editing automotive publications for over 20 years. He lives in Toronto with his family and a neglected 1967 Jaguar E-type.

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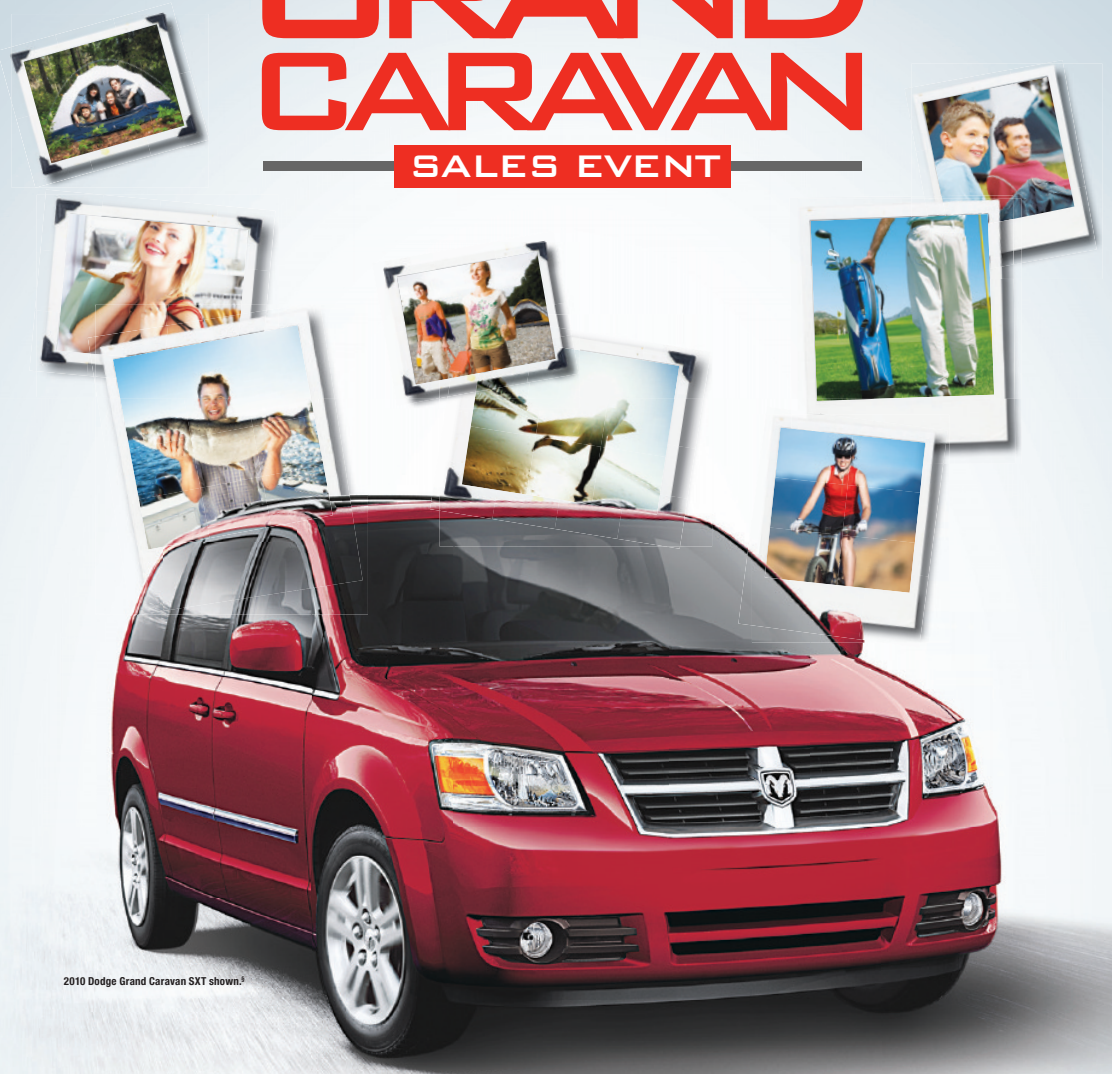

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Better value from batteries

A new U.S. study will look into turning used electric vehicle batteries into household electric storage devices, extending their useful lifespan and possibly bringing down their initial cost to consumers. CANADIANDRIVER.COM

Altima V6 a safe bet

Second Gear

JUSTIN PRITCHARD
for Metro Canada

MODEL: 2002 to 2006 Nissan Altima
VEHICLE TYPE: Sedan
APPROXIMATE USED PRICE RANGE: $3,500 to $13,000

HISTORY/DESCRIPTION: The last-generation Nissan Altima did an important thing for one of the brand's most popular cars: namely catapulting it into the world of desirable and attainable sports sedans like its larger brother, the Maxima.

Larger and more powerful than any Altima before it, the 2002 to 2006 version got available V6 power, plenty of options and a responsive, performance-oriented chassis that was codenamed "FF-L" by Nissan engineers.

Standard was a 2.5 litre four-cylinder engine with five-speed manual transmission or four-speed automatic. Altima was also available with a new 3.5 litre V6 with 240 to 250 horsepower, depending on the year in question.

V6-powered Altima units got a five-speed transmission in either manual or automatic, as well as dual exhaust. All models were front-wheel drive.

Options available included a sunroof, CD-Changer, power leather seats, automatic lights, heated mirrors, and a tilting and telescoping steering column.

Finally, a rare Altima SE-R model was available with several visual and performance upgrades, as well as a 260-horsepower version of the V6 engine under its hood.

Note that aside from the SE-R, Nissan used trim-levels S, SE and SL for entry, mid-range and top-line Altimas of this generation, respectively.

WHAT OWNERS LIKE: According to the majority of last-generation Altima owners polled online, styling, performance, responsiveness and even the optional Bose stereo system are highly rated. Most owners say the Altima is roomy, comfortable and easy to board and exit, too.

WHAT OWNERS HATE: Common complaints stated include a large turning circle and associated parking difficulties, as well as a noisy ride and below-expected gas mileage. Finally, owners often note that this generation Altima was fitted with "cheaper" trim and larger interior panel gaps than a comparable Camry or Accord. A 2005 interior refresh addressed these complaints.

COMMON ISSUES: On a test-drive, check out all interior components, including the glovebox, power seats, all switches, the air conditioner and the stereo.

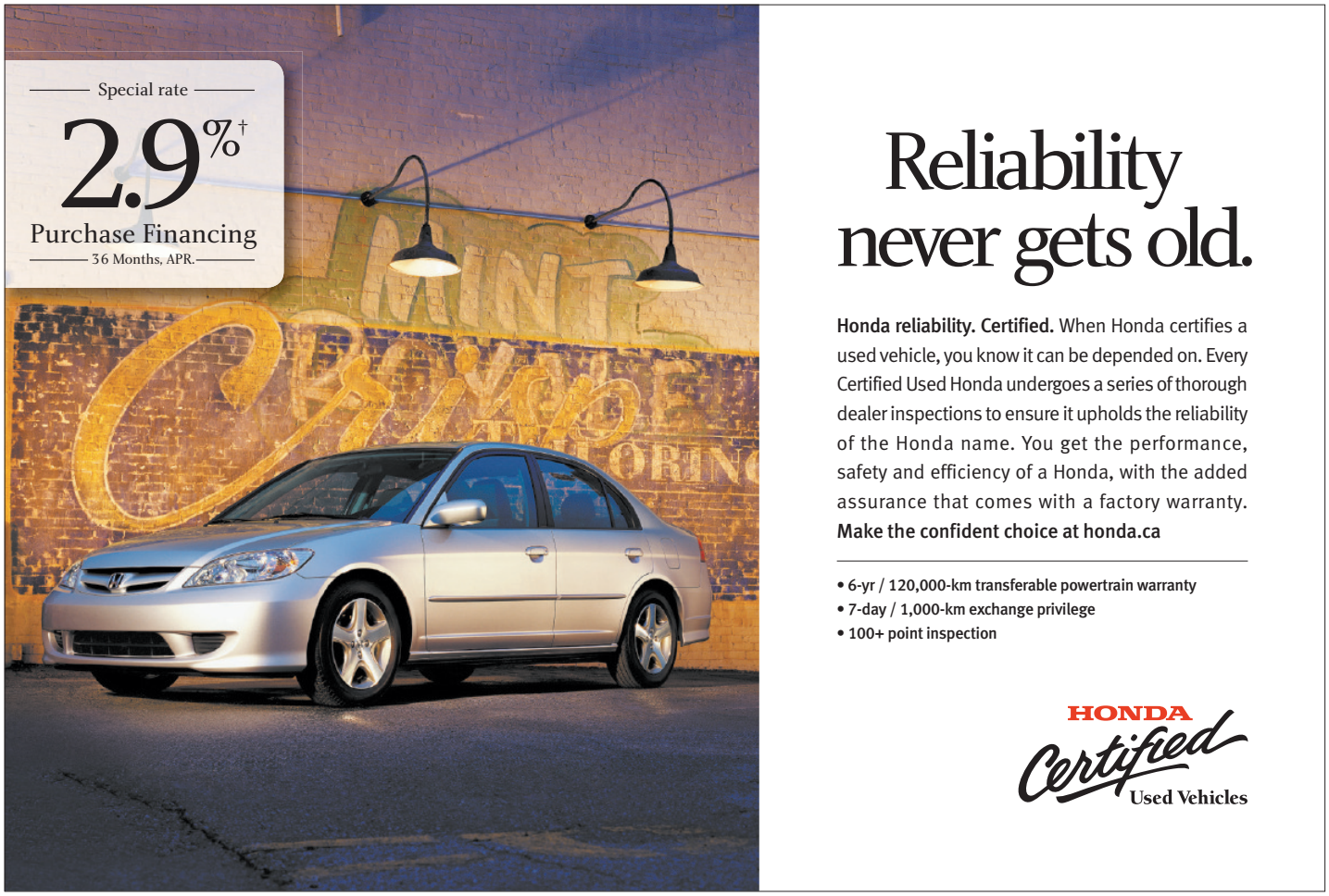
Ensure the engine idles, cruises and accelerates smoothly and that no "check engine" lights are illuminated– especially on earlier four-cylinder powered models. Hesitation and sputtering should be investigated and diagnosed prior to purchase, as they could be caused by failure of one or more expensive sensors. Several recalls were eventually issued to address these sensor-related problems.

Are you a performance buff who's considering the V6 engine? Here's justification for choosing it: the Altima's four-cylinder powerplant had well-documented issues with oil consumption, defective emissions control parts and even engine failure.

These problems were addressed later in the Altima's life, though the V6 looks like the more reliable bet — especially where an earlier model is concerned.

Finally, check for floorpan rust and moisture in the carpeting, which could be the result of excessive rust on some models.

THE VERDICT: Opt for as new a used Altima as your budget allows — and go for the V6 on earlier models where possible.



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Limited time lease and finance offers available from Toyota Financial Services on approved credit. ¥All-in price of a new 2010 Prius (Model KN3DUPA), 2011 Camry Hybrid (Model BB3KPA) and 2010 Highlander Hybrid (Model BW3EHCA) is $29,419/$32,935/$44,720. All-In price includes freight and fees (PDE, EHF, OMVIC fee and air condition tax, where applicable). GST/PST, licensing, registration, insurance and TFFC are extra. Dealer may sell for less. *$1,000/$1,000/$1,000 Cash Dealer Discount is available for all Toyota retail customers **except** customers who lease or purchase finance through Toyota Financial Services at a special rate of interest offered by Toyota as part of a low rate interest program. All advertised lease and finance rates are special rates. Offer valid to retail customers (excluding fleet sales) on a new 2010 Prius (Model KN3DUPA)/2011 Camry Hybrid (Model BB3KPA)/2010 Highlander Hybrid (Model BW3EHCA) when purchased **at a participating** Ontario Toyota dealership. Vehicle must be purchased, registered and delivered by June 30, 2010. Cash Dealer Discount takes place at time of delivery and will apply before taxes have been charged on the negotiated price. ◆$3,000/$1,000/$1,500 Manufacturer's Cash Incentive is available for all Toyota retail customers **except** customers who lease or purchase finance through Toyota Financial Services at a special rate of interest offered by Toyota as part of a low rate interest program. All advertised lease and finance rates are special rates. Offer valid to retail customers (excluding fleet sales) on a new 2010 Prius (Model KN3DUPA)/2011 Camry Hybrid (Model BB3KPA)/2010 Highlander Hybrid (Model BW3EHCA) when purchased from an Ontario Toyota dealership. Vehicle must be purchased, registered and delivered by June 30, 2010. Manufacturer's Cash Incentive takes place at time of delivery and will apply after taxes have been charged on the full amount of negotiated price. ◆You may be eligible for the Provincial Vehicles Powered By Alternative Fuels Refund Program. For more details on the Vehicles Powered By Alternative Fuels Refund Program, visit www.rev.gov.on.ca/english/refund/vpaf/. Rebate offer ends June 30, 2010 and vehicle must be purchased and deliverd by June 30, 2010. †These estimates are based on the Government of Canada's approved criteria and testing methods. The actual fuel consumption of these vehicles may vary. Refer to the Government of Canada publication EnerGuide Fuel Consumption Guide. All rights are reserved. §The Toyota Prius and Highlander Hybrid received the lowest number of problems per 100 vehicles among compact cars (Prius) and midsize multi-activity vehicles (Highlander Hybrid) in the proprietary J.D. Power and Associates 2010 U.S. Vehicle Dependability StudySM. Study based on 52,422 U.S. consumer responses measuring problems consumers experienced in the past 12 months with three-year old vehicles (2007 model-year cars and trucks). Proprietary study results are based on experiences and perceptions of consumers surveyed October – December 2009. Your experiences may vary. Visit jdpower.com. ††ecoENERGY for Vehicles Award winner determined using the annual fuel consumption estimates for each vehicle, as published in Natural Resources Canada's Fuel Consumption Guide. Dealer may sell/lease for less. Offers are valid between June 1 and June 30, 2010 and are subject to change without notice. Please see your participating Toyota Dealer for full details.

TOYOTA grad program

Find out Quebec's musts

QuebecMusts.com launched the updated version of its website yesterday, encouraging travelers to experience the beauty of Quebec and its many attractions. With the help of route directions and destination suggestions it's a wealth of user-friendly information to plan their summer vacation. METRO NEWS SERVICES

Travel

Spain topping the list

Spain's impressive cultural heritage has once again been recognized by an international organization. Spain now holds the honour of being the second country in the world with the highest number of monuments declared as World Heritage by the UNESCO. Added to this legacy, an incredibly rich and varied gastronomy and a nightlife is making Spain a key destination for those who wish to experience a new culture this summer. For more info visit spain.info METRO NEWS SERVICES

EDITOR: BEN.RYCROFT@METRONEWS.CA

METRO WORLD NEWS

Austin

Texas' rock 'n' roll heart

If you can stomach the Sweet Home Albama feel at times, Austin, Texas, is one of the best places in the South to relax, drink beer and listen to live music.

PAUL BALDWIN
Metro World News

The "Welcome to Texas" road sign takes pride in noting that it's the "Home of George W Bush."

The idea that having spawned Dubbya should give you bragging rights rather than a lifetime of humbly apologizing will leave many travellers slightly perplexed. But this is Texas and, as far as most people here are concerned, Texas is it's own nation state. And, a somewhat fiercely Republican one at that.

Except for Austin.

Pretty much since the beatniks were the last word in cool (daddio), Austin has been an oasis of liberalism, free-spirits, open minds, jazz, blues, rock and dope. All of which makes it a pretty sexy little hang-out.

Stroll down Sixth Street to walk through music history.

It's been said that every second of every day someone, somewhere in Austin is playing Sweet Home Alabama. But, if you can stomach that, then Austin is one of the best cities in the world to drink beer and chill. This city is Texas' secret beatnik hippy heart. Oh and it really loves its music.

IT'S MY FIRST TIME, WHAT SHOULD I DO?

Head for the Fifth and Sixth Street districts. Antone's, on 5th, is properly cool and has played host to official and impromptu jams by everyone from Muddy Waters and John Lee Hooker to Billy Gibbons and The Edge.

If you must get a bit more contemporary then Emo's on Red River offers live music of a punk-edged variety. So that's 1977 covered then.

I'VE BEEN BEFORE, WHAT SHOULD I DO?

Try the all-encompassing (and free) walking tour of the historic Capitol Building. Much of Austin's history revolves around government and politics and this stunning pink granite building with extensive gardens is the centrepiece. Just what pioneer and "Father of Texas" Stephen F Austin would make of the slackers and stoners in Sixth Street is anyone's guess. But his role has largely been superseded by Stevie Ray Vaughan anyway.

WHERE'S THE BEST SHOPPING?

You want to shop? In Austin? Chill out man. Okay, there's a pretty funky Whole Foods Market on Sixth and Lamar and the Sunday Gospel Brunch (aka Hippie Church) at Maria's Taco Xpress on Lamar Blvd is very cool.

WHAT'S THE NIGHT LIFE LIKE?

Pretty sensational. More than 200 live music venues, pubs, clubs and bars are crammed into this fairly compact city so the choice is yours.

WHERE SHOULD I STAY?

The classiest choice is probably the Driskill Hotel, at 604 Brazos Street. It's Austin's oldest and feels right — about $100 a night. A bit pricier, but achingly cool, is the San Jose Hotel.

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Celebrate a Chicago package
Swissôtel Chicago is offering guests a Celebration Package at the hotel which includes overnight accommodations, a choice of champagne or birthday cake and buffet breakfast for two in Geneva Restaurant for $259 a night. Book at swissotelchicago.com. METRO NEWS SERVICES

Stroll through English history

PAUL BALDWIN
Metro World News

Eighty years ago this week a stonemason from Blackburn, England, made his first visit to the Lake District. Mesmerized by the beauty, Alfred Wainwright dedicated the rest of his life to creating guidebooks of sublime artistry.

Wainwright is a peculiarly English national treasure. Gruff, northern, dogmatic, and entirely unattracted by the fripperies of celebrity.

He nonetheless created a series of hand-written and hand-illustrated guide books almost as beautiful as the Lake District itself — and became an unlikely star.

On June 7, members of the Wainwright Society marked the anniversary of the great man's first visit to "The Lakes."

We asked founding member John Bullard just what was so special about the region, the man and for a few of his favourite region walks.

"The English Lake District is a fell-walker's theme park, there is just so much variety packed into such a small space," Bullard said.

"It's only really 20 miles from north to south and a little more East to West but we've got such a wide ranging group of fells from the gentle ones at about 300 metres to Scafell Pike at 978 metres, the highest mountain in England."

Wainwright was born in the grimy industrial mill town of Blackburn and John says his genius was to capture both the beauty of the Lake District together with precise information for the first time.

"In the '50s and '60s they were the most progressive and comprehensive guides available and for me, even in the age of GPS, they have never been surpassed," Bullard said.

METRO WORLD NEWS

England's Lake District is a boundless array of hiking trails.

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METRO WORLD NEWS

In search of lost time is best read in Paris' Cafe Flore.

Step off the pages, into a traveller's reality

ROMINA MCGUINNESS
Metro World News

Sometimes a novel can so perfectly capture the nature of a place that it becomes mandatory reading for any traveller. We've chosen our favourite three

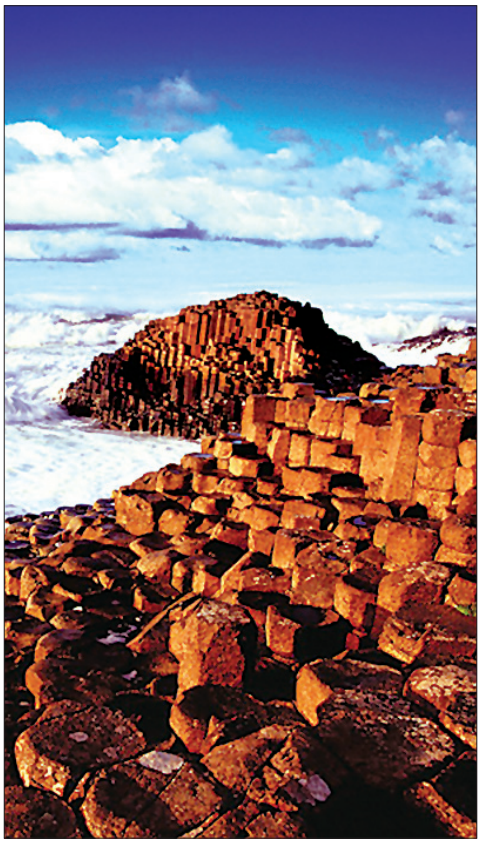
In search of lost time
Paris
One of France's most acclaimed literary figures Marcel Proust's collection of novels trace the culture and history and dramas of 18th century Paris. Order a café crème and "croque monsieur" as you settle on one of the rickety chairs outside Café de Flore. Get lost in the description of the eclectic life of main protagonist as you people watch Parisians sashay by in their classical, cool manner.
Best read in:
Café Flore

James Bond
Jamaica
Author Ian Fleming's estate is now a luxury island resort and you can stay in the enchanting villa that inspired one of the biggest spies of all time. You'll feel like you've stepped into your own James Bond fantasy movie, although a Ursula Andress look-a-like isn't part of the deal.
Best read on:
Oracabessa Beach

Love in time of cholera
Columbia
This story of unrequited love is set in the steamy and sleepy town of Cartagena. Gabriel Garcia Marquez passionately describes the humid and tropical surroundings, colonial architecture and hazy street life of this captivating city. The walled old town is a gem.
Best read in:
Cartagena

Refunds on ruined beaches

The Naples Beach Hotel & Golf Club's will provide guests a 100 per cent refund on room and taxes if the resort's beach is directly impacted by the Gulf of Mexico oil spill during their vacation. METRO NEWS SERVICES



The Giant's Causeway is also known as the 'Stepping Stones.'

Walking in footsteps of giants

Ireland's Causeway rock formations lends itself to legend

ROMINA MCGUINNESS
Metro World News

There's so much more to Ireland than Guinness.

Rarely has nature created such a perfect site as Giant's Causeway, long regarded as one of the wonders of the natural world. The 40,000 or so hexagonal basalt stone columns, located on the Antrim Coast, formed from volcanic eruptions more than 60 million years ago.

Their exact history remains a mystery but according to local legend, the man behind the myth was a giant named Finn McCool, who built these "stepping stones" to cross the sea and challenge a Scottish rival. On your tour, look out for the more peculiar rock formations including the Camel's Hump, Giant's Boot and the Giant's Harp.

DRIVING

Driving the Causeway coastal route is makes for a memorable road trips and a leisurely way for you to properly absorb the unspoiled landscapes. Don't forget the random stops in towns and villages — each has its own character.

HORSE RIDING

What better way to trace the rocky coast then on horseback? Thanks to your sturdy companion, you will be able to discover paths that are inaccessible when trekking by foot. Also, your elevated position will allow you a better appreciation of the dramatic natural surroundings.

METRO WORLD NEWS

Kitebuggying is a great way to see Giant's Causeway.

KITEBUGGYING

This shore-based activity is one of the most exhilarating ways to spend an afternoon.

Jump into the drivers seat and let the winds do the rest.

WALKING

There are many footpaths weaving around Giant's causeway, so pick the one that suits your style, fitness and interests the best.

They range from modest walks following the heather-covered moorlands to the more adventurous cliff top paths with stunning sea views

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Vancouver one-way $175
Travel Jun 23/ws + taxes & fees $57

Las Vegas $199
Travel Jul 19 - Jul 28/dl + taxes & fees $101

New York $270
Travel Jul 12 - Jul 19/ac + taxes & fees $130

Los Angeles $378
Travel Jul 21 - Jul 27/ac + taxes & fees $127

London $382
Travel Sep 27 - Oct 4/ts + taxes & fees $395

Costa Rica $399
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Paris $499
Travel Sep 25 - Oct 3/kl + taxes & fees $391

Rome $499
Travel Sep 25 - Oct 3/af + taxes & fees $584

Honolulu $518
Travel Jul 21 - Jul 28/dl + taxes & fees $114

Tokyo $829
Travel Sep 14 - Sep 24/jl + taxes & fees $365

Buenos Aires $879
Travel Aug 16 - Aug 31/dl + taxes & fees $278

Vacations

Puerto Plata
7 Nights 4-Star All-inclusive
$403*
Bahia Principe San Juan + taxes & fees $346
Departs Jun 21/vat/ts.

Costa Rica
7 Nights 4.5-Star All-inclusive $480
Occidental Grand Papagayo + taxes & fees $222
Departs Jun 26/acv/ac.

Boston Air + 3 Nights 4-Star $519
Boston Westin Waterfront + taxes & fees $107
INCLUDES central accom. Departs Jun 24/ggv/ac.
ADD 2-day GO Boston card for $89.

Las Vegas
Air + 3 Nights 4-Star + Cirque du Soleil $534
Monte Carlo + taxes & fees $124
INCLUDES accom on the Strip and ticket to Cirque du Soleil. Departs Aug 22/ggv/dl.

New York Air + 3 Nights 3.5-Star $619
Affinia Fifty Hotel + taxes & fees $103
INCLUDES Manhattan accom. Departs Jul 8/ggv/ac.
ADD New York TV & Movie Sites tour for $44.

Hawai'i Air + 7 Nights $779
Aston Waikiki Banyan + taxes & fees $116
INCLUDES Waikiki accom. Departs Jul 14/ggv/dl.

London & Paris
Air + 4 Nights + Rail $1098
Best Western Phoenix & Citadines Bastille Gar de Lyon + taxes & fees $436
INCLUDES air to London, return from Paris, first 2 nights London accom, rail transfer to Paris and last 2 nights Paris accom. Travel Sep 2 - 17/ggv/ts.

Cruise Vacations

Western Caribbean
4-Night Cruise
$189^
Carnival Imagination + taxes & fees $54^
CRUISE roundtrip Miami and visit Key West & Cozumel. Sails Aug 22/cnv.

Bermuda & Caribbean
6-Night Cruise $409
Celebrity Summit + taxes & fees $120
CRUISE from New York (Bayonne) to San Juan and visit Bermuda (King's Wharf/overnight) & St Thomas. Sails Oct 24/cel.

Gulf of Alaska 7-Night Cruise $499
Celebrity Millennium + taxes & fees $166
CRUISE from Anchorage (Seward) to Vancouver and visit Hubbard Glacier (cruising), Icy Straight Point, Juneau, Skagway, Ketchikan & cruise the Inside Passage. Sails Jul 2/cel.

Mediterranean 7-Night Cruise $629
Voyager of the Seas + taxes & fees $106
CRUISE roundtrip Barcelona and visit Nice (Villefranche), Toulon, Florence/Pisa (Livorno), Rome (Civitavecchia) & Naples. Sails Oct 17/rcl.

Trans-Atlantic 7-Night Cruise $1095^
Queen Mary 2 + taxes & fees $21^
CRUISE from New York to London (Southampton) with 6 glorious days at sea. Sails Jul 19/cnd.

Norwegian Fjords
11-Night Cruise $1259
Vision of the Seas + taxes & fees $106
CRUISE roundtrip Copenhagen and visit Alesund, Honningsvag, Tromso, Geiranger, Olden & Bergen. Sails Aug 12/rcl.

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TICO

Get paid to shop
The Shops at North Bridge Shopping Package offers guests overnight accommodations at the Chicago Marriott, breakfast for two at hotel restaurant Harvest, and a $50 American Express gift card to The Shops at North Bridge. (chicagomarriottdowntown.com). METRO NEWS SERVICES

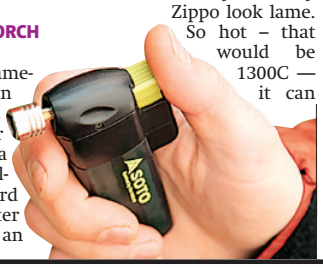
Gadgets to start your trip off right

Metro finds the best gadgets to help you on your travels.

Start your trip with these three:

SOTO POCKET TORCH
$17

"Torch" as in flamethrower rather than as in flashlight. This super-clever little gadget takes a universally available bog-standard disposable lighter and turns it into an invaluable hiker's tool. Rain pouring and you're struggling to light the stove? Not with this fella. It'll even make your trusty Zippo look lame.



So hot – that would be 1300C — it can also be used for brazing and soldering. (sotooutdoors.com)

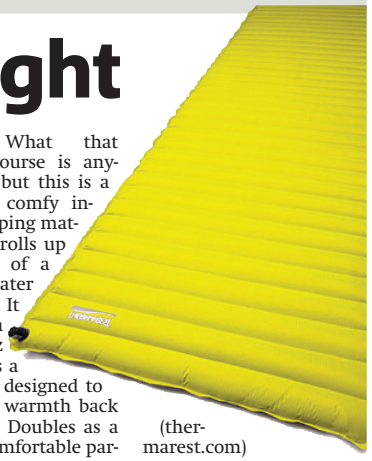
BLACK DIAMOND ORBIT ULTRALIGHT LANTERN
$33

This is one tough little light. It weighs just over four ounces and is only four inches long when collapsed for stuffing in your backpack but it's fantastically bright, dependable and, we hesitate to say, friendly.

Perfect for campfires, outside the RV, or even in the garden the little Orbit runs for 11 hours — even longer on the lower settings. And, bizarre though it sounds, the LED light given off is just, well, cheery

THERMAREST NEOAIR MATTRESS
$80

The NeoAir mattress claims to be the world's "most advanced engineering in ultralight comfort." What that means of course is anyone's guess but this is a ridiculously comfy inflatable camping mattress which rolls up to the size of a one-litre water bottle. It weighs a mere 14oz and includes a heat barrier designed to reflect body warmth back to the body. Doubles as a decidedly comfortable party bed too.



(thermarest.com)

METRO NEWS SERVICES

[1]To redeem TD Points for travel purchases charged to your Card that are not booked through the TD Travel Rewards Centre (the "Centre"), Cardholder must contact the Centre after the travel purchase has been posted to the Account and within 90 days from the transaction date of the travel purchase. The required TD Points will be redeemed from the TD Points balance available on the date TD Points are redeemed for the travel purchase, not the transaction date of the travel purchase. The amount that will be credited toward the travel purchase will be equal to the value of the TD Points redeemed. If there are insufficient TD Points available to cover the entire amount of the travel purchase, the Account will only be credited by the value of the TD Points redeemed. Any amount of the travel purchase not covered by the TD Points redeemed will remain on the Account for payment. [2] Applies to new TD First Class Travel *Visa Infinite* Accounts only. Bonus TD Points will be awarded to the new Account upon approval. Offer may be changed, extended or withdrawn at any time without notice and cannot be combined with any other offer. *Trade-mark of The Toronto-Dominion Bank.

METRO WORLD NEWS

Tokyo can be expensive. Find out how to save a few bucks.

Get up to speed in Japan's capital city

ROMINA MCGUINNESS
Metro World News

Always a step ahead Tokyo is a city with a unique buzz and attitude.

It's impossible not to get caught up in this city which constantly seems to be playing life on fast forward.

Metro shows you how to do the lifestyle on a budget.

If you have it, spend it

• If you have the money try eating at Agawa. Beef from sake-fed cattle which get regular massages comes at a price but the Kobe beef here is among the world's finest.

DAILY BUDGET $50

EAT

Daiwa Sushi

Breakfast queues outside this sushi bar start as early as 5 a.m. Located in the Tsukiji fish market it's all super-fresh. Order a green tea, miso soup with clams and an aguro maki (tuna roll).

STAY

Tokyo International Hostel

The high-rise buildings' large windows offer sweeping views of the city and the dormitories are adequately furnished.

(tokyo-ih.jp)

GO

Sumo Wrestling

Once upon a time, this was the only sporting activity approved by shoguns that didn't involve killing people. Immensely entertaining and surprisingly little serious damage.

Getting recognized

The Caribbean beachfront resort The Ritz-Carlton, Cancun has been recognized as one of the Top 5 World's Best Service for Mexico by the prestigious Travel + Leisure Magazine. ritzcarlton.com. METRO NEWS SERVICES

Good find

If you're looking for a good deal on a place to stay then try the Scarlet Hotel.

- This boutique hotel ideally located in Chinatown is a great place to spend your stay.
- Decorated to resemble a baroque mansion, the interior is a blend of rich red, gold and black tones.
- The rooftop terrace is great for pre dinner cocktails.
- thescarlethotel.com

METRO WORLD NEWS

Visit Singapore's Arab quarter to find good deals on everything.

Slinging style in Singapore

Visit a city with a touch of eccentric

ROMINA MCGUINNESS
Metro World News

It may be freakishly clean and organized — and seem a little eccentric — but Singapore also has natural beauty and style.

Find out the things to do, see and experience in Singapore.

SEE

The wildlife

Bukit Timah nature reserve is a stunning jungle trek with cheeky lemurs leaping above your head. The wildlife is no less lively at night and Night Safari, a park specializing in night tours allows you to see animals that snooze by day such as the royal Bengal tiger, Nepalese rhino.

HEAR

Zouk

It's three for the price of one at Zouk. One venue, three different beats and vibes — from hip hop to electro to pop. DJ Andrew Chow, now a regular at club N.3, Phuture, runs the infamous Flava Fridays.

WEAR

Designer wears

If you fancy flexing your credit card then Orchard Street is the place to be. Club 21 stocks some of the hippest international labels including Helmut Lang, Jil Sander and Yohji Yamamoto. Head to Kwok Gallery in Chinatown to dig round for some antique jade jewelry or quirky ceramics.

DRINK

Tea or Tiger

Brew — and drink — your own tea, eat dim sum and attend a workshop all within the same space. Yixing Xuan teahouse is where you get to do all of this as well as buy tea leaves so you can carry on brewing back home. Choose from all varieties including green, black, white oolong and pu-erh.

If tea isn't your drink of choice (especially in the evenings) have a Tiger beer.

EAT

At Hawker Stalls

Culinary melting pots fusing Chinese, Indian and Malay influences into sizzling woks and pans. Open-air food courts called Hawker Stalls are where you'll eat the tastiest and most authentic dishes. Walk down Maxwell Road where cooks flaunt their skills by shouting out for your attention.

Sample anything from cinnamon and tamarind tart to barbecued tiger prawns and a refreshing drink of grass jelly and aloe vera.

SAY

Time for toast

Singaporeans love to start off the day with some Kaya on toast, a sweet spread made from eggs, coconut milk, sugar and pandan preserves.

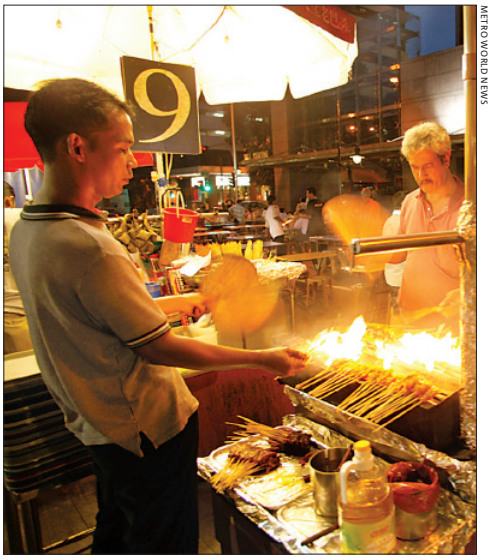
To go with it, have a steaming cup of teh tarik, tea and condensed milk.

DON'T SAY

No to a shisha

For a truly eclectic experience Bussorah Street in the Arab Quarter is the direction to take.

Men smoke out of shisha pipes as you may catch a belly dancing show while you do.



METRO WORLD NEWS

Hawker stalls line the streets of Singapore.

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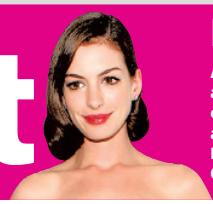
BET to give Prince a lifetime achievement award

This month's BET Awards will be a royal affair: Prince is getting a lifetime achievement honour. The 51-year-old joins the likes of James Brown, Whitney Houston, Diana Ross and Al Green in being honoured by the BET Awards, which will celebrate its 10th year in Los Angeles on June 27. THE ASSOCIATED PRESS

Entertainment



Princess Anne

Anne Hathaway is stepping into a new Cinderella story. The star of The Princess Diaries will appear in the film adaptation of David Nicholls' popular novel One Day. THE ASSOCIATED PRESS

EDITOR: DEAN.LISK@METRONEWS.CA

Toy Story brings back playtime

RICHARD CROUSE
for Metro Canada

Toy Story 3 is about toys. All kinds of toys. Some familiar, like the hilariously vain Ken doll voiced by Michael Keaton, others less so, like Mr. Pricklepants, a small stuffed toy with a deep baritone supplied by Timothy Dalton.

The stars have come out to play toys in the film, but what toys did they play with as children?

JEFF GARLIN

The burly Curb Your Enthusiasm actor who voices Buttercup the Unicorn says his most memorable toy wasn't actually a toy, but the box it came in. "I used that box for a year as a fort, as a robot," he says. "I loved the box. And now my kids, as they open up gifts, love boxes."

JOAN CUSACK

"I had a Barbie head," says Cusack, who returns to the Toy Story franchise for the second time as the voice of Jessie, the Yodeling Cowgirl. "Just the head. It was sold like that. It was her head and her neck was like a tray and we did make-up and hair on the head. That's all I can really remember. The rest of it was all make believe and forts and playing house and stuff. It wasn't so much toys back then."

MICHAEL KEATON

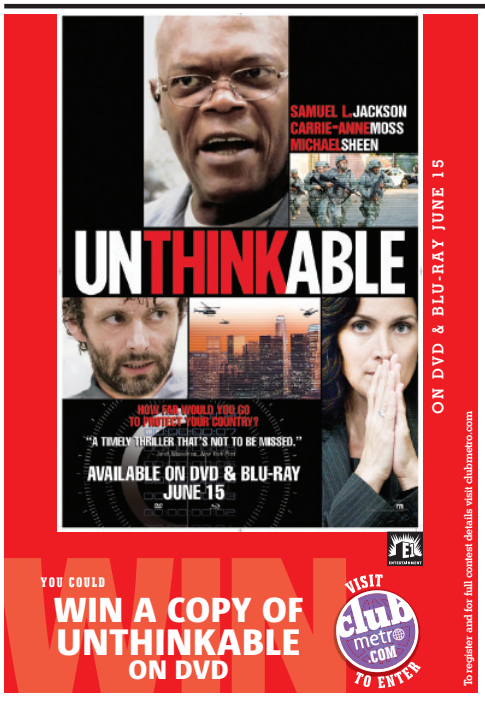
The Batman actor didn't play with Ken dolls as a kid — he just plays one in the movie — but he does fondly remember a baseball glove he had as a youngster. "I wish I still had it," he says. "It was perfectly worked in."

KRISTEN 'TRIXIE THE TRICERATOPS' SCHAAL

The actress, best known as Mel on Flight of the Concords, says her favorite toy also came in a box, but unlike her co-star she actually played with the contents. "My great aunt gave me a box of costume jewelry that I used forever until I lost every piece," she says. "I would pretend to be a Madame! No! Just kidding! A princess!"

TIMOTHY DALTON

The former Mr. Bond — now the voice of a stuffed hedgehog with theatrical ambitions — agrees with Cusack. "We made things up," he says. "We played with tin cans, stones and bits of wood or paper. Or we played games or went on adventures like tramping across the fields thinking we were adventuring heroes. It was before the space age but we did what these guys in the movie were doing except we did it in our heads."



VINCENT YU/AP PHOTO

Hong Kong actor Jaycee Chan and actress Fiona Sit react during the premiere of their new film Break Up Club in Hong Kong on Monday. Jaycee, Jackie Chan's son said he's overcome initial doubts about joining his father in show business, but he prefers making music over movies.

Karaoke over kung fu

Jackie Chan's son would rather make music than movies

Jackie Chan's son says he has overcome initial doubts about joining his father in show business, but he prefers making music over movies.

Six years after his movie and album debut, 27-year-old Jaycee Chan said he was starting to shed the baggage of his famous family name and finding his niche in the Chinese-language entertainment industry.

"At first I did (have doubts), but not any more because I found quite a few supporters and fewer and fewer haters," Chan told The Associated Press with a chuckle. "So I'm happy with what I'm doing now."

"At first I did (have doubts), but not anymore because I found quite a few supporters and fewer and fewer haters."
Actor and singer Jaycee Chan

But speaking late Monday on the sidelines of the Hong Kong premiere for his new romance, Break Up Club, the singer-songwriter was keener to speak about his music career. The younger Chan recently released his third album, Messy, which he hopes will offer an alternative to the sappy ballads that dominate Chinese pop. Chan penned 16 of the 18 songs on his new album. THE ASSOCIATED PRESS

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Party crashed gets real

The woman who crashed U.S. President Barack Obama's first state dinner has cashed in with a reality TV deal. The Bravo network said yesterday that Michaele Salahi will be featured in the next instalment of its Real Housewives franchise. THE ASSOCIATED PRESS

The good father

Hollywood movies simplify the role of fatherhood

STEVE GOW
for Metro Canada

Viggo Mortensen in The Road, above, and, Will Smith in The Pursuit of Happyness, left, are both examples of characters that portray positive father figures.

In Hollywood, dads get no respect.

Just look at the foolishness of fatherhood in such big-screen duds as Furry Vengeance, Old Dogs or Daddy Day Camp. Well-meaning as they are, these blundering papas are anything but capable.

But is cinema accurately servicing the image of our everyday dads? Not so, according to Dale Curd. As one of Canada's leading authorities on men's issues and host of GuyTalk (a weekly radio show on Toronto's Newstalk 1010), Curd hints that Hollywood has been shortsighted on the portrayal of papas.

"I don't think Hollywood is giving us movies that show how committed fathers actually are to the role of fathering," stated Curd while pointing out the success of Sandra Bullock in the maternal drama The Blindside only displays a gender disparity.

"What made the story compelling was that this was a woman who is nurturing a young man who isn't her own so it goes against the mother archetype," said Curd. "We're not in that conversation yet when it comes to fathers … I think Hollywood believes that it isn't as compelling a story."

While Curd believes competent dads are certainly more common than not, triumphant fatherhood is the exception in movies. However, Hollywood doesn't shy away from more dichotomized dad stories exemplified by such common archetypes as the Doofus Father found in comedies like Furry Vengeance ("he's a guy who's in a level of arrested development emotionally" He's a child himself and he behaves like a big child") or the Vengeful Father — displayed by Liam Neeson's character in Taken ("who's exacting out some level of revenge or anger like he's correcting a wrong").

Still, while movies may continue to simplify the role of fatherhood, Curd notes there is one recent film that accurately depicts dad in a positive light … but even that comes with a catch.

"Cormac McCarthy's vision of the father in The Road is fairly correct," said Curd of Viggo Mortensen's character in the apocalypse-set thriller. "Interesting enough (it seems to Hollywood), it has to be end of the world before fathers step up."

Memorable Movie Dads

- **Atticus Finch**, To Kill a Mockingbird (1962) — played by Gregory Peck
- **Stanley Banks**, Father of the Bride (1950) – played by Spencer Tracy
- **Ted Kramer**, Kramer Vs. Kramer (1979) – played by Dustin Hoffman
- **Chris Gardner**, The Pursuit of Happyness (2006), played by Will Smith
- **Guido Orefice**, Life is Beautiful (1997) – played by Roberto Benigni

Mandel relishes offbeat and gifted role as Talent judge

TELEVISION Howie Mandel contends there's a Tiny Tim-sized void in entertainment today, and he aims to fill it as a judge on America's Got Talent.

Joining the NBC show this season is allowing the 54-year-old comedian to exercise his taste, which he cheerfully acknowledges embraces the good, the bad and the weird.

"As much as I love seeing somebody undiscovered and unique, there's something to be said for the insanity and the train wreck. I'm mesmerized by something I don't understand because it looks like it's bad," said the Toronto-born TV personality.

I'm just as taken by that as I am brilliance."

America's Got Talent, in its fifth season, is hosted by Nick Cannon and includes Sharon Osbourne and Piers Morgan on the judging panel with Mandel.

In the early going, Mandel's been charmed by the likes of an impersonator who's billed as "the man of 100 voices" — all of which, he said, "sound exactly the same."

Like Ted Mack's The Original Amateur Hour, a show Mandel recalls attending as a child, he appreciates that America's Got Talent throws "a wide net, whether dancer, singer, magician."

Unconventional acts deserve a place in show business, too, he contends.

"There's a void right now for entertaining insanity," Mandel said, citing such examples as comedian Professor Irwin Corey and Tiny Tim, the high-voiced ukulele player who was a frequent guest on Johnny Carson's Tonight Show in the 1960s and '70s. THE ASSOCIATED PRESS

New game show

A medieval-themed game show called Splatalot, which is geared to eight-to-12-year-olds, is bound for Canada, the U.K. and Australia. The Toronto-based company marblemedia is teaming up with YTV in Canada, BBC in the U.K. and ABC in Australia to produce the show. THE CANADIAN PRESS

Dramatic inevitability

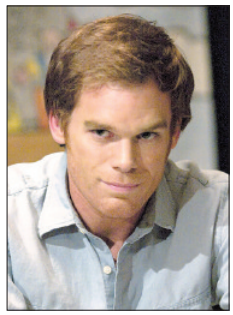
Dexter's shocking finale was right move: Creator

Dexter creator James Manos Jr. says it was simply the right time to eliminate one of the show's most beloved characters in last season's shocking finale.

Anyone not caught up on the dark escapades of the fictional serial killer Dexter Morgan may want to stop reading here, lest they spoil one of the most devastating twists to come out of the provocative Showtime series, which aired on The Movie Network and Movie Central in Canada.

"It sucks, quite frankly, when anybody dies off the series," concedes Manos Jr., who wrote and cast the pilot but was not involved in Season 4.

"For the actual show itself, the big picture of the show, it was the right time, it was the right play. I think the writers who took over the show after I left did a really smart job. I thought they handled it really elegantly and I thought it seemed very natural and normal and the right thing to do."



PETER IOVINO/THE CANADIAN PRESS

Actor Michael C. Hall in a scene from Dexter.

Of course, "natural and normal" are relative concepts in the world of Dexter.

Last season kicked off with the psychopathic blood-spatter analyst settling into fatherhood as he stalked a serial killer that seemed to do the impossible — juggle a picture-perfect family life with a decades-long compulsion to kill.

But when Dexter finally does away with the so-called Trinity Killer, played by John Lithgow, he returns home to find he was too late to save one last victim — his own wife, Rita. Sitting next to her in a pool of his mother's blood is their baby son Harry. In an instant, all the normalcy that Dexter believed was finally his comes crashing down in the most pointed way possible.

Dramatically speaking, killing off Rita was an inevitability, says Manos Jr., noting that from the very beginning, he envisioned her as the key factor that could make Dexter human.

"Her bringing that humanity into his life was great, it was the purpose of it, to see whether or not he's going to become human and stop," says Manos Jr., who adapted the pilot from the series of Dexter novels by Jeff Lindsay. He also won an Emmy for his work as a co-producer and writer on The Sopranos.

"Is Dexter going to become so human that he stops killing? (But) we don't want him to stop killing because we want those bad guys to go." THE CANADIAN PRESS

	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
6/16/10 primetime	265	353	2	TVO	Tiger Island	Tiger Island	The Agenda With Steve Paikin		Murder "Newsagent"		The View From Here "Carny"		
	211	331	3	GTV	Entertainment	ET Canada	House "Not Cancer"		NCIS "Agent Afloat"		Global Currents: H2Oil		News Hour
	-	-	5	SRC	Squelettes	L'Épicerie	La Petite Séduction (N) (SC)		Bons baisers de France (SC)		Le Téléjournal	Sports FIFA	TJ Ontario
	209	342	6	CHRO	Canada's Worst Driver		The Middle	The Middle	Happy Town (HDTV) (N)		Law & Order: SVU		Comedy Now
	196	311	7	CTV	etalk	Access H.	So You Think You Can Dance The finalists perform.				Criminal Minds (HDTV)		CTV News
	208	303	8	CBC	Laughs	World Cup Soccer Match of the Day.					CBC News: The National		Soccer
	-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	America's Got Talent		America's Got Talent (N)		Law & Order: SVU		News
	117	713	10	TVA	Poule-oeufs or	Km/h (SC)	Les Anges de la rénovation		Dieu Merci (HDTV)		TVA nouvelles	Sucré-salé	*Frères Blues*
	-	-	11	QS	Wipeout (SC)	Rire et délire	Merlin (SC)		Lie		Criss Angel	UFC: Les Guerriers	
	137	763	12	TFO	Panorama	Histoires oub.	Paradis perdus		*Train de nuit* (2007, Drame)				Pour un soir
	-	362	13	CBS	The Insider (N)	Judge Brown	TV's Greatest Surprises: Paley Center			Engagement	Criminal Minds (HDTV)		Two/Half Men
	216	395	14	OMN2	Family Guy	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Cold Case
	214	344	15	CITY	Law & Order: SVU		America's Got Talent		America's Got Talent (N)		Modern Family	Cougar Town	News
	115	343	16	CFMT	Two/Half Men	The Office	Omni News: Italian Edition (N)		Vivere V	Omni News:	Law & Order: Criminal Intent		Metropia
	218	345	18	CHCH	*The Animal* ★ (2001, Comedy) Rob Schneider.			*Spy Game* ★★ (2001, Suspense) Robert Redford, Brad Pitt.					News at 11 (N)
	-	361	20	ABC	Action News	Entertainment	The Middle	The Middle	Modern Family	Cougar Town	(10:01) Happy Town		News
	512	396	24	CPAC	La Période de questions		Heure polit.	L'Heure politique				Revue	Période-quest.
	651	355	25	CTS	Little House on the Prairie		Dr. Quinn, Medicine Woman		100 Huntley Street		Life Today	This/Your Day	John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	So You Think You Can Dance The finalists perform.				FOX 2 News (N)		News
	-	-	64	PBS	Business Rpt.	New York	WPBS Live!		Great Performances Dancers perform seven ballets. (N)				
	205	312	104	CTV	etalk	Access H.	So You Think You Can Dance The finalists perform.				Criminal Minds (HDTV)		CTV News
news	502	390	26	NW	The Lang & O'Leary Exchange		Connect with Mark Kelley (N)		CBC News: The National		Terror in the Skies (N)		National
	500	500	33	CNN	John King, USA (N)		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV) (N)		
sports	406	417	27	net	(6:30) MLB Baseball Toronto Blue Jays at San Diego Padres. (HDTV) (Live)					Sportsnet Con.	Sportsnet Connected (HDTV)		Prime Time
	126	730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI économie	Le National	Le Téléjournal
	400	280	30	TSN	Poker Women's World Open III.		Boxing Amir Khan vs. Paul Malignaggi, Junior Welterweights.				SportsCentre (HDTV) (Live)		
	410	403	52	SCR	Bet Night Live				Fight Camp-	Score Now	FIFA World Cup Tonight		Score Now
family	411	457	56	OLN	Ghost Hunters Academy		Destination Truth		Operate-Repo	Operate-Repo	UFO Hunters		Destin. Truth
	417	406	59	SC	NASCAR Smart	NASCAR Hub	Pass Time	Pass Time	Pinks -- All Out (HDTV)		Wrecked	Wrecked	Pass Time
	554	544	48	TEL	Johnny Test	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
	557	540	51	FAM	Sonny-Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Aaron Stone	So Raven
	551	542	65	YTV	That's-Weird	Family Biz	Malcolm-Mid.	Hates Chris	8 Simple Rules	Survive This	To Be Indie	Family Biz	Prank Patrol
cable variety	570	580	29	MM	The Daily Fix		Ranked!		mmtop10.ca		Family Jewels	Family Jewels	The O.C.
	615	520	31	A&E	The First 48 (HDTV)		Bounty Hunter	Bounty Hunter	Dog the Bounty Hunter		Exterminator	Exterminator	Exterminator
	628	584	32	SPKE	CSI: Crime Scene Invstgtn.		The Ultimate Fighter (HDTV)				Ultimate Fighter: Rd. to Finale		Disorderly
	521	560	34	TLC	My Monkey Baby (HDTV)		Extreme Poodles (HDTV)		Pregnant	Pregnant	Toddlers & Tiaras (N)		Pregnant
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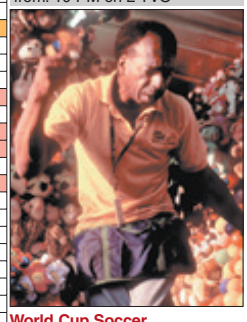
	616	521	39	SHO	Tom Stone "Little Bitty"		*The Perfect Assistant* (2008, Drama) Rachel Hunter.				*Talladega Nights: The Ballad of Ricky Bobby*		
	620	523	40	BVO	From the Spirit	Bravo!Videos	Arts & Minds	O'Reagan Files	Wingfield	Star Portraits	White Collar		Law & Order
	520	505	42	DIS	Daily Planet (N)		Mighty Ships (N)		Deadliest Catch		Mayday		Daily Planet
	575	583	43	CMT	Amer. Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.	Home Improve.	Due South
	601	562	45	SLC	Rich Bride Poor Bride		In Laws	In Laws	End/Leash	End of Leash	End of Leash	End of Leash	ET Canada
	625	548	46	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Jon Dore Show	Hot Box	Daily Show
	294	529	47	TBS	MLB Baseball Tampa Bay Rays at Atlanta Braves. (HDTV) From Turner Field in Atlanta. (Live)						Seinfeld	Seinfeld	Law & Order
	600	564	49	H&G	House Hunters	Property Virgin	Bang, Buck	Property Shop	Flipping Out (N)		House Hunters	House Hunters	Holmes/Homes
	627	528	50	SPC	Stargate Atlantis (DVS)		Doctor Who		Merlin (DVS)		Medium		Stargate SG-1
	581	566	53	MTV	The City	After	Cribs	Cribs	Downtown Grls	The City	The City	After	MTV Live
	618	524	54	TROP	Colin & Justin's Home Heist		Hoarders "Jake; Shirley"		Runaway Sq.	Runaway Sq.	Parking Wars	Parking Wars	TV-Torrens
	522	506	55	HIS	Pawn Stars	Pawn Stars	MysteryQuest (HDTV)		Ice Road Truckers (N)		Nostradamus Effect		Outlaw Bikers
	129	773	60	CD	Biographies "Marina Orsini"		Réscapes de la justice (HDTV)		C'est incroyable!		Chasse	Chasse	Convoi
	261	394	61	V	Murder, She Wrote		No Place Like	Hallelujah!	Kingdom		ideaCity	Twist of Faith	Doc "Fearless"
	602	567	62	W	Kim	How Clean	Grocery Bag	Grocery Bag	Cupcake Girls	Cupcake Girls	*Deadly Betrayal* (2002, Suspense)		
	269	350	70	APTN	Investigates	Winterlude 2009		Down2Earth	Canadian Geographic		Mighty River	Uumatmnin "Schools Out"	
	621	527	71	TLK	Look-A-Like	TMZ	The Ellen DeGeneres Show		The View (HDTV) (N)		The Dr. Oz Show (HDTV)		TMZ
	603	561	95	FN	Ricardo	Eat, Shrink	Challenge		Restaurant Makeover		Chopped		Chef School

critics'corner

The View From Here

The word "carny" may evoke an image of a scruffy character whose teeth and IQ points are both in the single digits. But as Alison Murray's documentary "Carny" reveals, the folks who operate the rides, run the games and peddle the munchies on the midway are a diverse bunch who have one thing in common: They find carnival life far better than what they came from. 10 PM on 2 TVO



World Cup Soccer

Viewers get their first look at Spain, one of the teams favored for a finals berth in this FIFA World Cup, in this Group H match versus Switzerland. Fernando Torres and the Spaniards come into this tournament on a roll, having won all 10 of their World Cup qualifying matches. But the reigning European champs know not to get overconfident, as their narrow escape against the United States in the final of last summer's FIFA Confederations Cup taught them. 9:45 AM on 8 CBC

THE VIDEO EVERYONE'S TALKING ABOUT

Visit metronews.ca to watch metrotube

If your Christmas wish list includes moonwalking with Jacko, you're in luck
Michael Jackson fans will be able to moonwalk next to the King of Pop in a new video game to be released this holiday season by Ubisoft Entertainment. The as-yet-unnamed game will be among the first to use new motion-detecting camera systems. THE ASSOCIATED PRESS

Celebrity Buzz

Amy back in rehab

'WELCOME BACK!' THEY ALL CRIED IN UNISON, AS AMY SETTLED COMFORTABLY INTO THE ROOM THEY KEEP ESPECIALLY FOR HER Amy Winehouse headed back to rehab recently in an apparent bid to please her new boyfriend, according to the Sun. Film producer Reg Traviss hasn't been thrilled with her partying ways, sources tell the newspapers. "When she's not on the bottle they get on brilliantly. But Reg has told her to quit the booze, otherwise he'll be off, and she hit it hard last week," a source says. "She wants to keep him so has decided to make a huge effort to stay sober." That huge effort reportedly included checking herself into the London Clinic once again.

Most people have lost count as to what number this visit to the clinic comprises.

METRO WORLD NEWS

Love cub for Tiger?

AND IT ONLY TOOK THE MOM A DECADE TO COME FORWARD. I NEVER THOUGHT I'D SAY THIS BUT: TEAM TIGER One of Tiger Woods' confessed mistresses, Devon James, claims she also has a child fathered by the famous golfer. James says she gave birth to Tiger's son in 2001. "She says Tiger is the father of her child," a source tells Radar Online. "And she's insistent about it." The child was born before Woods married Elin Nordegren. Woods has reportedly not been asked to take a paternity test.

METRO WORLD NEWS

Stars to protest dolphin hunt in Japan

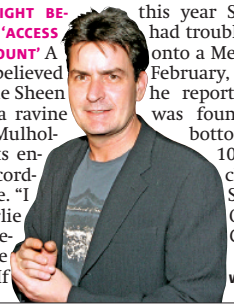
GUESS WE WON'T BE SEEING JENNIFER ANISTON IN ANY MORE JAPANESE BEER COMMERCIALS The former dolphin trainer and main character in the Oscar-winning documentary about the dolphin hunt in Japan said yesterday he has invited Darryl Hannah and other Hollywood stars to the village of Taiji to prevent the killings from starting again.

Ric O'Barry, whose documentary The Cove has been cancelled in Japan following threats against movie theatres, said Hannah had confirmed her trip to a music festival in Taiji he is organizing in September.

Other celebrities who have already voiced their support for his cause include Jennifer Aniston, Courteney Cox, Jason Mraz, Chris Tashima and Robin Williams. They all appear in a public service announcement in support of The Cove.

THE ASSOCIATED PRESS

Has Sheen totalled his second Mercedes?



ADD THIS TO THE GROWING LIST OF THINGS CHARLIE SHOULD NEVER BE ALLOWED TO HAVE AGAIN, RIGHT BETWEEN 'A WIFE' AND 'ACCESS TO A CHEQUING ACCOUNT' A silver Mercedes believed to belong to Charlie Sheen was found down a ravine off Los Angeles' Mulholland Drive with its engine running, according to Radar Online. "I think it's Charlie Sheen's car," a fireman on the scene told the website. If it does belong to the Two and a Half Men star, it would be the second time this year Sheen has had trouble holding onto a Mercedes: In February, a sedan he reported stolen was found at the bottom of a 100-foot cliff in Sherman Oaks, Calif.

METRO WORLD NEWS

Follow these celebrities on Twitter...

CelebTweets

IAN MCKELLEN doesn't want you to worry about the Hobbit, **KAT DENNINGS** likes to leave things to chance, **JUSTIN BIEBER** is learning lots of new and frightening things, and **CONAN O'BRIEN** is looking to the future.

@ianmckellen118 "Hobbit" sets are ready, script ready and movie is casting this month. Fans are not to worry. The films will get made. I suspect we'll start shooting at end of this year.
@OfficialKat Put my iPod on shuffle at midnight...first song of my 24th year is "Closer" by Nine Inch Nails. Slutty!
@justinbieber Nighty night..did u know bed bugs really do exist, be scared.
@ConanOBrien Tonight was my last show of the tour. I want to thank my fans for making this such an incredible experience. Next time: more prison gigs.

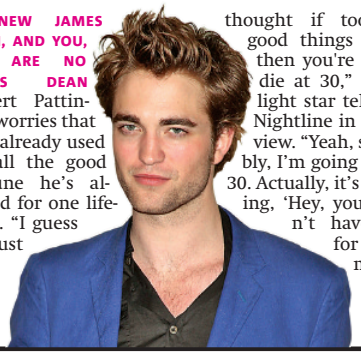
METRO NEWS SERVICES

B.Coop's tabloid trauma

... HE WHINES TO THE TABLOID REPORTER Bradley Cooper admits he used to be a fan of supermarket tabloids — until he started appearing in them himself. "I was one of those people who believed what they read," he says, according to Hollyscoop. "Except for the aliens and stuff." But once his growing fame made him a hot topic for the publications, he started questioning their content. "At first it was shocking how untrue everything was," he says. "Dates with women I've never had, houses I've never owned in areas I could never afford."

METRO WORLD NEWS

Twilight star's death wish



I KNEW JAMES DEAN, AND YOU, SIR, ARE NO JAMES DEAN Robert Pattinson worries that he's already used up all the good fortune he's allowed for one lifetime. "I guess I just thought if too many good things happen, then you're going to die at 30," the Twilight star tells ABC's Nightline in an interview. "Yeah, so probably, I'm going to die at 30. Actually, it's God saying, 'Hey, you shouldn't have asked for too much.'"

METRO WORLD NEWS

No diapers for Diaz

THIS MAY BE THE MOST INTELLIGENT THING SHE'S EVER SAID Cameron Diaz doesn't have plans to start a family anytime soon. "Having children changes your life drastically, and I really love my life," she tells InStyle magazine. "Children aren't the only things that bring you gratification and happiness, and it's easier to give life than to give love, so I don't know. That kind of change would have to be either very well thought out, or a total mistake — a real oops." For now, Diaz is happy focusing on the children already in her life. "I can be a pretty good aunt," she says. "It doesn't quite have the same impact."

METRO WORLD NEWS

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Thursday Showers 40% 25° / 17°
Friday Sunny 28° / 20°
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Take Five

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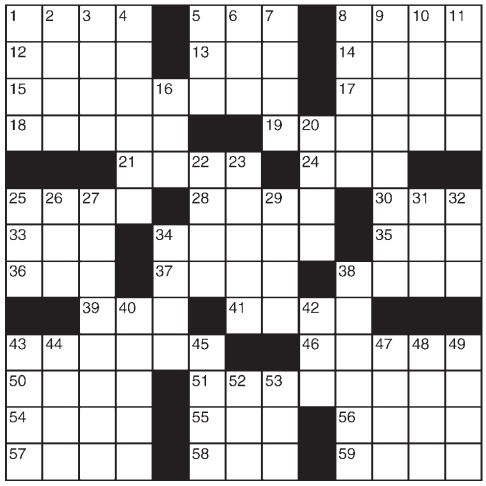

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	1	4					6	
9					6		8	
3			1		7	2		
	2			9		8		3
6		5		3			1	
		2	4		5			6
	7		8					1
	3					5	7	

ACROSS

1 Tosses in
5 Trail behind
8 Lone Ranger's concealment
12 Dirt
13 Id counterpart
14 Stratford's river
15 Tryout
17 Motion picture
18 Tending (to)
19 Car shelter
21 Recognized
24 Barracks bed
25 "Why not?"
28 Money
30 Altar affirmative
33 Male turkey
34 Daphnis' love
35 "— Town"
36 Clothing protector
37 Oodles
38 54-Across feature
39 Debt notice
41 Region
43 State of confusion
46 Prefix with red
50 La Scala solo
51 One way to enlarge a family
54 Entrance
55 Intimidate
56 Valhalla VIP
57 "— Karenina"
58 Longing
59 Contendere preceder

DOWN

1 Pronto, acronymically
2 Gloomy
3 "Aeneid" queen
4 Stealthily quiet
5 Mainlander's memento
6 Past
7 Amateur-night prop
8 Large-scale
9 Flying
10 "American Idol" choice
11 Dandling site
16 X rating?
20 Rue the run
22 Vocal comeback?
23 Strauss specialty
25 Gamblers' venue (Abbr.)
26 Japanese pond carp
27 Ardent desire for a goal
29 Mediocre
31 Pair
32 Sphere
34 Hint
38 Bandleader Stan
40 Butler's love
42 Pinch
43 Arp's movement
44 "— Man" (Downey movie)
45 Suggestive
47 Pet name
48 Anger
49 Domini lead-in
52 Buck's mate
53 Possess

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

G	R	A	B		O	F	F		M	A	N	E
O	H	I	O		B	A	R		A	G	A	R
V	O	L	T	A	I	R	E		T	O	N	S
			T	U	T		N	O	U	G	A	T
S	T	A	L	K		C	Z	A	R			
C	I	T	E		C	A	I	R	E	N	E	S
A	D	O		D	A	R	E	S		I	M	P
R	E	P	A	I	R	E	D		S	T	I	R
			N	E	T	S		L	U	S	T	Y
S	H	E	A	T	H		T	I	N			
C	U	R	L		A	I	R	E	D	A	L	E
A	R	G	O		G	N	U		A	L	A	R
B	L	O	G		E	K	E		Y	A	W	N

6	7	2	1	8	9	5	4	3
1	4	9	3	6	5	8	2	7
8	3	5	4	7	2	6	1	9
5	1	6	9	3	7	2	8	4
3	8	4	5	2	1	9	7	6
2	9	7	6	4	8	3	5	1
4	2	3	8	1	6	7	9	5
7	5	1	2	9	3	4	6	8
9	6	8	7	5	4	1	3	2

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Hot Tamale Pie

INGREDIENTS:

1/2 cup cornmeal
1/2 cup cold water
1/4 tsp salt
1/8 tsp cayenne pepper
1 1/3 cups water
500 g lean ground beef
1 yellow onion, chopped
1 green pepper, chopped
2 cloves garlic, minced
1 can red kidney beans, drained
1 can enchilada sauce
1 can diced green chili peppers, undrained
1/4 cup chopped pitted black olives
2 tsp chili powder
1/2 cup shredded Cheddar cheese

METHOD:

1. In bowl, combine cornmeal, cold water, salt and cayenne pepper. In medium-size pot, bring 1 1/3 cups water to boil. Slowly add cornmeal mixture to boiling water, stirring constantly. Return to boil, stirring constantly. Lower heat and cook until very thick, stirring occasionally.

2. Meanwhile, preheat oven to 350°F (180°C). In skillet, cook ground beef, onion, green pepper and garlic until meat is browned. Drain off fat. Stir in kidney beans, enchilada sauce, chili peppers, olives, and chili powder. Bring to boil.

3. Spread hot cornmeal mixture into greased 20 cm x 20 cm x 5 cm baking dish. Spread meat mixture over cornmeal layer. Bake, covered, 20 minutes. Sprinkle with cheese. Bake, uncovered, until cheese is melted.

SERVES 6

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton

sallybrompton.com For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
Friends will go out of their way to assist you today, so don't sit there pretending that everything is fine when it isn't.

TAURUS ♉
APRIL 21-MAY 21
If you need to persuade someone to give you something today you will no doubt be successful, but is it something you really need?

GEMINI ♊
MAY 22-JUNE 21
So many things are going right for you now and you are starting to believe that you are on the verge of a major breakthrough.

CANCER ♋
JUNE 22-JULY 22
Your main problem at the moment is that you are worrying about things that will probably never happen.

LEO ♌
JULY 23-AUG 23
You seem to be rather pleased with yourself at the moment, and with good reason. According to the planets you are in tune with the spirit of the times.

VIRGO ♍
AUG 24-SEPT 22
You may be nervous by nature but you can also be incredibly brave and you will find the courage to make a difficult decision today.

LIBRA ♎
SEPT 23-OCT 23
Approach the day in a positive frame of mind and you will accomplish a lot. Approach the day in a negative frame of mind and nothing much will get done.

SCORPIO ♏
OCT 24-NOV 22
You may not be able to explain how you have reached a certain conclusion but your instincts tell you they are right, so trust them.

SAGITTARIUS ♐
NOV 23-DEC 21
Certain people may not deserve your support but you should give it anyway, simply because you may need their help towards the end of the week.

CAPRICORN ♑
DEC 22-JAN 20
The more time you spend planning what you are going to do the more likely it is that your efforts will bring success.

AQUARIUS ♒
JAN 21-FEB 18
If you are the kind of Aquarius who likes to be boss then what happens today will give you the chance to prove you have what it takes to lead other people.

PISCES ♓
FEB 19-MARCH 20
The thing you most want to avoid is the thing you most need to face up to. The planets suggest that if you deal with it now it won't bother you again.

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This day in history

1745: British troops take Cape Breton Island, which is now part of Nova Scotia.
1891: John Abbott becomes Canada's third prime minister.
1903: The Ford Motor Company is incorporated.
1972: The largest single-site hydro-electric power project in Canada starts at Churchill Falls, Labrador.
1976: Soweto uprising: a non-violent march by 15,000 students in Soweto, South Africa turns into days of rioting when police open fire on the crowd and kill 566 children.

METRO NEWS SERVICES

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[†]From June 18 – June 20, 2010. Offer available in Ontario only, excluding Thunder Bay. Offer valid on the purchase total of $60 or more before taxes, in a single transaction. Some exclusions apply. See store for details. [††]Offer valid Saturday, June 19 and Sunday, June 20. One offer per applicable transaction only. Before taxes. AIR MILES Base and Bonus Offers exclude prescriptions, products containing codeine, postal services and stamps, Gift Card Express, Rexall Pharma Plus Gift Cards, lottery, transit tickets and taxes. Bonus Offer valid in Ontario, excluding Thunder Bay. [†††]Offer valid until July 11, 2010 at participating Shell locations. Minimum $30 Shell V-Power®† fuel purchase required per transaction to earn 10x offer. Minimum $30 Shell Bronze or Silver fuel purchase required per transaction to earn 3x offer. One Bonus Offer per transaction. Original Bonus Offer coupon must be redeemed at time of purchase. Unauthorized reproductions are unlawful. No cash surrender value. The Shell logo and V-Power are trademarks of Shell Brands International AG. Used under license. *Account must be in good standing. 2x reward miles offer available at participating Rexall Pharma Plus, Shell and Metro stores located in Ontario when you use an American Express AIR MILES Credit Card for purchases between June 18 and June 20, 2010 only. Minimum purchase requirement applies. Other terms apply. Visit www.airmiles.ca/superbonus for details. **All Rewards offered are subject to the Terms and Conditions of the AIR MILES Reward Program, are subject to change and may be withdrawn without notice. Some restrictions apply. Quantities may be limited. See www.airmiles.ca for details. ®/™Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Inc. Sponsor trademarks are owned by the respective Sponsors or authorized for their use in Canada.

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